



The
Accomplished
Ladies
Rich Closet
AND
RECEPTES
or the
Ingenuous
Gentlewomans
Servant Maids
Delightfull
Companion

London Printed for
W. Baskington & T. Blount





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The Accomplished Ladies Rich Closet

OF
R A R I T I E S.

OR, THE

Ingenious Gentlewoman and Servant-
Maids Delightful Companion.

Containing many Excellent Things for the
ACCOMPLISHMENT of the FEMALE SEX, after
the exactest Manner and Method, *Viz.*

1. The Art of Distilling. 2. Making Artificial
Wines. 3. Making Syrups. 4. Conserving, Preser-
ving, &c. 5. Candying and Drying Fruits, &c. 6. Con-
fectioning. 7. Carving. 8. To make Beautifying-waters,
Oyls, Pomatums, Musk-balls, Perfumes, &c. 9. Physical
and Chirurgical Receipts. 10. The Duty of a Wet Nurse
and to know and cure Diseases in Children, &c. 11. The
Compleat Chamber-Maids Instructions in Pickling, ma-
king Spoon-meats, Washing, Searching, taking out Spots
and Stains, Scouring Gold or Silver-Lace, Point, &c.
12. The Experienced Cook-Maid, or Instructions for
Dressing, Garnishing, making Sawces, serving up; toge-
ther, with the Art of Pastry. 13. Bills of Fare. 14. The
Accomplished Dairy-Maids Directions, &c. 15. The Ju-
dicious Midwives Directions, how Women in Travail
before and after Delivery ought to be used; as also the
Child; and what relates to the Preservation of them both.

To which is added a Second Part, Containing
Directions for the Guidance of a young Gentle-
woman as to her Behaviour and seemly Deportment, &c.
Together with a New Accession of many Curious Things
and Matters, profitable to the Female Sex, not
published in the former Editions.

The Fourth Edition, with large Additions,
Corrected and Improved.

LONDON, Printed by W. Wilde, for A. Bodley 1708

Licensed and Entered according to Order.

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THE
PREFACE
TO THE
READER.

Reader,

IN consideration that variety is most taking, especially of such things as are highly necessary; I have thought it convenient, not only for Delight, but for the Accomplishment of the Female Sex, to set forth what must undoubtedly turn to their advantage, and consequently more than a Preface can express, or a sudden Conception bring forth; if seriously and deliberately considered, to a degree of Practice; for indeed without industry,

The Preface to the Reader.

the smallest matter cannot be brought to the perfection. Things Natural and Artificial owe their Original to Labour and Industry; the first to the invisible and insensible Workings of Nature; the second to that of the Creature: nor without these could the World subsist. But to come nearer the subject-matter.

In the following Treatise you will find not only approved Rules, Instructions and Directions for particular persons, whose ability and leisure may contribute in an extraordinary manner to the highest Acquisition, but such as are suitable to all degrees and capacities; such as must contribute to the Advancement of each Individual Female, to a Station that may render her acceptable in the Eyes of great ones, or at least create her a good Repute, and pronounce her happy, though moving in a lower Sphere. All that we can term Accomplish'd in Female Conduct, is briefly to be found in the following Pages; digested into so easie and plain a Method that it will, no doubt, insensibly attract

The Preface to the Reader.

the desire of the Reader to make an Essay; and that Essay being found both profitable and delightful, will carry her further in the progress of Pleasure and Advantage, till she confesses the time and cost as well bestowed, and becomes an Admonisher of others to make the like improvement; nothing of this nature being more exact in directing the Female Sex in what is seemingly and profitable from Infancy to extremity of Age, and is a fit Companion upon all commendable occasions, in whatsoever state or condition, even from the Lady to the inferiour Servant-Maid; being a Directory, in which nothing necessary for the Accomplishment and Qualification of the Sex is omitted, in relation to Education, Breeding, good Manners, courtly Deportment, prudent Conduct, and Management of Affairs, being the very Quintessence of whatever has been practised or published, and more perhaps than can probably be expected in so small a Book. But thinking no Labour too much to advantage the fair Sex, I have travelled through the World of Curiosities,

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The Preface to the Reader.

ties, to furnish out this Cabinet of Rarities, in hopes it will find a kind Acceptance, and turn to the Advantage of those who rightly consider it. In expectation of which, I remain,

LADIES, &c.

Yours to serve you,

in what I may,

John Shirley.

The

The Accomplished Ladies Rich Closet of Rarities, &c.

C H A P. I.

Rules and Directions for a Gentlewoman in the Art and Way of Alembeking, Distilling and making sundry sorts and kinds of Waters Physical Chirurgical, useful on divers occasions.

A Lembicking and Distilling are held by many to be learned, or taken by the Ancients from the Operation of the Sun in its effectually Exhaling the sublunar Moisture, and Rarifying the gross and indigested Vapours in a more subtil Region; and indeed Distillations participate of a Solar Vertue, as being by their penetrating Qualities, and insensible Operations, more quick, subtil and enlivening.

A distilled Water, good to prevent the Danger of Infectious Air, Plague, Pestilence, &c.

Take the Buds or green Husks of Walnuts, or the leaves of that Tree, a handful; of Rhue the like quantity, and as much Balm: bruise them, and add of Mugwort, Celandine, Angelica, Agrimony, Pimpernel and wild Dragons or Snap-dragons, each half a handful; bruise them as the former, and being put into an earthen Pot or Glass, pour on them a Gallon and a half of White

10 *Physical and Cordial Waters.*

or Rhenish wine, and let them stand four days, afterward putting the Wine and the Herbs in an Alembick, draw off the Quintessence: or it may be done, for want of Con-
veniency, in a cold Still.

The famous Water, called Dr. Stevens's Water.

Take a Gallon of French Wine, of Cloves, Mace, Carraways, Coriander and Fennel-seeds, Galinga, Ginger, Cinamon, Grains, Nutmeg, Anniseed, of each a dram: to these add Camomil, Sage, Mint, Rue, red Roses, Pelitory of Wall, wild Marjoram, wild Thyme, Lavender, Penny-royal, the the Roots of Fennel, Parsley and Setwall, of each four ounces, and having bruised them, put them into two quarts of Canary, and the like quantity of Ale; and then having stood sixteen hours, with often stirring, draw off the Quintessence, by Alembick over a soft fire.

This Water is a wonderful fortifier of Nature in all cold Diseases, preserving Youth, comforting the Stomach, and is given with success to such as are afflicted with the Stone or Gravel.

Cinnamon-water is properly made thus,

Take half a pound of Cinamon, bruise it and steep it in a quart of White-wine, a quart of Rose-water, and a pint of Muscadell, twelve hours, with often stirring; and

from

from this Alembick three pints, which will not be only pleasant but fortifie Nature, and restore lost vigour.

To make Rosemary-water.

Take the Flowers and Leaves of Rosemary in their prime, half a pound, and four ounce of Elecampane Roots, a handful of Red Sage, three ounces of Cloves, the same quantity of Mace, and twelve ounces of Anniseeds: beat the Herbs together, and the Spices separately, putting to them four Gallons of White-wine; and after a Weeks standing, Distill them over a gentle fire.

Spirit of Wine how to make it.

To Distil, or rather Alembick, Spirit of Wine, is to draw off any Wine you think fit over a gentle fire to what heighth you please, by often rectifying it; and is very good moderately taken, in cold Distempers, or to mix with Cordial Waters of a cooler Nature.

To make Treacle-water good in Surfeits, &c.

Take the Husks of green Walnuts, four handfuls, of the juyce of Rue, Cardus, Marigolds and Balm, of each a pint; green Perasitis Roots one pound, Angelica and Masterwort, of each half a pound; the Leaves of Scordium four handfuls; old Venice-Treacle and Mithridate, of each eight ounces; six quarts of Canary; of Vinegar three

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three quarts, and of Lime-juyce one quart which being two days digested in a Bath in a close Vessel, distil them in Sand, &c.

A Cordial Mint-water is made thus.

Take two handfuls of Mint green, two handfuls of Carduus, one of one Wormwood, and soak them in new Milk; being bruised, and after three or four hours infusion, draw off the water by way of Distillation, and keep it close stopped for your use, it being excellent good in case of pains in the Belly or Stomach.

An excellent Water for Sore Eyes, or to Restore the sight.

Take Smallage, Rue, Fennel, Vervein, Agrimony, Scabious, Avens, Houndstongue, Eufrase, Pimpernel and Sage, of each a handful; Roach-Alom half an ounce, Honey a spoonful, dissolved in Rose-water: Distil them in a cold Still; and when you use it, put in Alom and Honey, and suffer it to dissolve, washing your Mouth with it Evening and Morning.

An excellent Water for the Canker.

Take of the Bark of an Elder-tree, Sorrel, and Sage, each two-handfuls: Stamp them well, and strain out the liquid part; mingling it with double the quantity of White-wine: and often with a feather dipt in it, wash the Sore, &c.

A Water very good for a Fistula.

Take a pint of White-wine, an ounce of the juice of Sage, Borace in Powder, three penny weight, Camphire powder the weight of a Groat: boil them two hours over a gentle fire, strain them through a woollen-cloth, and being cold, wash therewith the place relieved.

An excellent Water to cleanse any filthy Ulcer.

Take of the Water of Plantane, and that of red Roses, each a pint; the juices of House-leek, Nightshade and Plantane, of each a quarter of a Pint: red Roses half a handful, Myrtle, Cyprus-nuts, of each half an ounce; of the Rind of Pomegranate three drams, *John's Wort* half a handful, Flowers of Solleyne half as much, Myrrh, Frankincense, each a scruple, honey of Roses a pound and four ounces: distill them together, and of the Water take a pint, and dissolve it in six ounces of Conserve of Roses, and one ounce of Syrup of dry Roses, with twelve drops of the Oyl of Brimstone, and wash the place relieved.

An excellent Water for the Heats and Inflammation of the Eyes.

Take of Aloes Epatick, fine Sugar, Tutty-stone powdered, each an ounce; of red and white Rose-water, each a pint: put them in a double Glass, and set them in *Balneo Mariae*

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five or six days, often shaking them, and with a Feather dipped in it, wash your Eyes often as you see occasion, as likewise your Forehead and Temples.

An excellent Water for a sore Leg, or for a Canker in any part or place.

Take of Woodbine-leaves, Ribwort, Plantane, Abinte, of each a handful clarified; English Honey three spoonfuls, Roach-Allum one ounce; put them into three quarts of Raining-water, and let them see the till a third part be consumed; then strain out the liquid part, and keep it in a new glaz'd Earthen pot for your use, washing the afflicted place with it twice a day.

A Water to turn back the Rheum, that afflicts the Eyes.

Take of red Rose-water six ounces, White wine and Eye-bright-water, of each the like quantity, *Lapis Tutiae* three scruples, *Alchermes* the like quantity, fine Sugar one ounce: put them into a Glass with a narrow neck, and set them in the Sun for the space of thirty days, shaking them twice a day, and then with the liquid part wash the Eyelids, Temples, Forehead, and the Nape of the Neck.

An excellent Water to cool the Liver and Heart; as also in case of a Fever, Surfeit or ill Digestion.

Take two handfuls of Wood-sorrel, the like of Barberry leaves, half a dozen Plantain-roots, washed and sliced, two ounces of Pellion-seed, of Comfrey and Borage-flowers, each an ounce, steep them in a Gallon of fair water well sweetned with Sugar-candy, and distill them, giving the party the griev'd two ounces of the Water, with an ounce of the Syrup of Citron or Lemon.

An excellent Water for an internal Bruise.

Take two handful of Scabeous flowers, of Penny-royal, Camomil, Smallage, and Bay-leaves, each a handful; Myrrh pulverized, half an ounce, Harts-horn two ounces, and two quarts of Malaga-wine: bruise the Herbs, &c. in the Wine, and then distill them all together, and let the Party drink two ounces of the Water Morning and Evening.

An excellent Water for the Stone, to provoke Urine, and prevent Stoppage, &c.

Take two quarts of new Milk, Saxifrage, Parsley, Pellitory of the Wall, Mother of Time, green Sage, Radish-roots sliced, of each a handful: steep the Herbs and Roots over night in the Milk, and distill them the next morning, which done, mingle six spoonfuls of the Water, with as much White-wine;

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into which grating a third part of a roasted Nutmeg, drink it off; and so continue to do divers times, and you will find extraordinary benefit thereby.

Poppy-water, how to make it.

Take two pound of red Poppy-leaves, half an ounce of bruised Cloves, and the like quantity of sliced Nutmeg: steep these in a quart of Canary, and after two hours standing, put them into your Still, and draw off the Water over a gentle fire.

Cordial Angelica-Water is made thus.

Take of *Carduus Benedictus* a handful washed, dried, of Angelica-roots three ounces, Nutmeg, Cinnamon and Ginger, each an ounce, of Myrrh half an ounce, and of Clove of dram and a half of Saffron, of Cardamum, Cubebs, Galingal and Pepper of each a quarter of an ounce: bruise them and steep them in two quarts of Canary, and draw them off in a common Still.

Aqua mirabilis is made thus.

Take three pints of White-wine, of the Juice of Celendine and *Aqua vite*, each a pint; Cardamom, and the Flowers of Melilot, a dram of each; of Cubebs, Galingal, Cloves, Mace and Ginger, of each a dram: bruise them and put them to the Liqueur where soaking all night, the next morning

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after them on a Still, in a glass Alembick, and draw off the Quintessence.

The Water prevents the Putrefaction of the Blood; is good in case of the swelling of the Lungs; removes the Heart-burn and purgeth Flegm and Melancholy, &c.

CHAP. II.

Instructions for a Gentlewoman how to make artificial Wines, and other pleasant Liquors.

AS there are many pleasant Liquors made rather Artificial than Natural, so we will not be amiss to say something of them, which for variety may not prove pleasant only, but profitable, and are very commendable to be kept in the House for the Entertainment of Friends and Strangers; who being perhaps rarely used to such, will set a value on them above any other. But to the purpose:

To make Cherry-Wine.

Stone your Cherries before they are too ripe, press them in a Press, or through a clean cloath, and let the Juice settle, then draw it off, and bottle it up with half an ounce of Loaf-Sugar and a piece of Cinnamon in each Bottle, and tying the Cork down, let it stand six weeks; and then being opened, it will drink pleasant and brisk.

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Hypocras is made thus.

Take a Gallon of White or Rhenish-wine and put to it two pound of Loaf Sugar, Cinnamon, Mace, Pepper, Grains, Galingal and Cloves of each a quarter of an ounce; bruising the Spices, and putting them into the Wine, in which they having been close covered for the space of ten days, draw off the Wine, and renew it with other Wine, and an addition of Sugar: and so you may do three or four times, but the first is the best nor is there a pleasanter Liquor imaginable.

To make Wormwood-Wine.

Take a Gallon, or what quantity you think fit, of the smallest White-wine; put into it the peel of two Lemons, half an ounce of Mace, and a quarter of an ounce of Cinnamon, adding a pound of white Sugar to each Gallon, and stop them up close in a Vessel, and after they have stood six days you may draw off the Wine, and put it up in bottles.

Raspberry, Strawberry, or Curran-wine may be made as that of Cherries, but the Liquor being boiled up with the Sugar before the Spices are put in, will keep the longest. An excellent Liquor may be likewise drawn from Plumbs, of pleasant taste dissolving in some of the Liquor hot two or three spoonfuls of New-Ale Yest to make it

work, and afterwards keep it in a cool place, that it may rarifie the better.

Goosberry-wine is made the same way, only adding some blades of Mace and slices of Ginger: As for the Wine of English grapes, only rarifie it with fine white Sugar-candy beaten into powder. And since there are many other pleasant Liquors besides these, I think it not improper to say something of those that are most in request.

To make the best sort of Mead.

Take a quart of Spring-water, and three quarts of small Beer, as clear as may be; add to them a pound and a half of clarified Honey, two ounces of the distilled Water of sweet Marjoram, three or four sprigs of Rosemary and Bays: boil them together on a gentle fire, ever scumming off what rises to the top, and then put it into a Vessel to stand six days after which bottle it up for your use.

Cock Ale is thus made.

Take a young Cock, and having stoned him, put four pound of Raisins of the Sun, boil them in fair Water, and then slice four Nutmegs, adding to them an ounce of Mace, and half a pound of Dates: beat them well, and put them into two quarts of Canary; and having added to them the boiled Liquor, keep it in which the Cock must be boiled in a man-

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ner to pieces: strain the Liquor, and press out what is solid; and after your Ale has done working, pour it in, and stop it down close. Two quarts is sufficient for a Barrel; then bottle it up, and in a Month it will be fit to drink.

To make Rack, an Indian Liquor.

Take a quart of Water, a pint of Brandy, a pint of Canary; add half an ounce of beaten Ginger, and the like quantity of Cinamon, the Juice of four Lemons, and two ounces of Rose water, with half a pound of fine Loaf-Sugar; put into it a hot Toast, being well stirred, it is the Prince of Liquors.

Chocolate is made with *Chocolate*, Milk, Eggs, White-wine, Rose-water, and Mace or Cinamon, which the party fancies, they being all boiled together over a gentle fire. Two ounces of *Chocolate*, eight Eggs, half a pound of Sugar, a pint of White-wine, an ounce of Mace or Cinamon, and half a pound of Sugar answering in this case a Gallon of Milk.

C H A P. III.

Instructions for a Gentlewoman in preparing and making Physical and Cordial Syrups, pleasant and profitable on sundry occasions, &c.

To make Syrup of Clave-Gilliflowers.

Take the red part of the Flowers, separated from the white, to the quantity of half a peck; let them soak a night in spring-water, then boil them, and add to them a Gallon of Water wherein they were boiled, and into which, after boiling, they have been strongly pressed; twelve pound of white Sugar, and half a pint of Rose-water, then boil up the Liquor with the Sugar into the thickness of a Syrup, and keep for your use. Some there are that make without fire, but in my opinion this way must be the best for keeping.

To make Syrup of Violets.

Take the Flowers of the blue Violets clipping off the whites, and to a pound of them add a quart of boiling-water, and four pound of white Sugar; stirring them together, and stopping them close in an earthen Vessel four days; then strain them, pressing out the liquid part, which being moderately heated in a gentle fire, will thicken into a Syrup.

*Cordial and Physical Syrups.**To make Syrup of Wormwood.*

Take Roman Wormwood (the Leaves only) half a pound; Leaves of red Roses, the Flowers two ounces, Indian-spike three drams, of the best White-wine a quart, and the like quantity of the Juice of Quinces; for want of it, Syder: bruise and infuse them for the space of twenty six hours; then boiling them till the liquid part is half consumed, strain out the remainder, and add two pounds of Sugar; boil it up into Syrup.

To make Syrup of Lemons.

Take a Gallon of the Juice of sound Lemons, strain it, and let it clarify, and boil it up with six or seven pounds of fine Sugar, till it be of the thickness of a Syrup, and sweet enough for your purpose.

An excellent Syrup to preserve the Lungs, and for the Asthma.

Take of Nettle-water and Coltsfoot-water each a pint, Anniseed and Liquorice powder, of each two spoonfuls, Raisins of the Sun one handful, sliced Figs, number four: boil them together till a fourth part be consumed, strain the liquid part, and make it up into a Syrup, with a pound of white Sugar-candy bruised into Powder, and take two spoonfuls of it each morning fasting.

Cordial and Physical Syrups. 23

An excellent Syrup to open Obstructions, and help
the shortness of Breath.

Take Hyssop of the first years growth, and
Renny-royal, of each a handful; stamp them,
and strain out the Juice, and add of English
Honey the like proportion: heat them in a
ewter-dish over a Chafing-dish of Coles till
the Juice and Honey be well incorporated,
and making it continually fresh, let the party
afflicted take early each morning, and late
each night two spoonfuls.

To make Syrup of Roses by Infusion.

Take of the Water of Infusion of white
Roses five pounds, clarified Sugar four pounds,
and boil them with a gentle fire to the thick-
ness of a Syrup, then soak two pounds of
fresh white Roses, in six pound of warm
Water, suffering them to stand for the space
of twelve hours close covered, then wring
them out and put in other fresh Roses, and
continue to do till the Water has the per-
fect scent of the Roses, and then the Water
is fitting for the Sugar to be dissolved in,
and used as aforesaid.

This Syrup draweth from the Entrails thin-
galer, and watrish humours, and is therefore su-
itable to be taken moderately by Children, aged Per-
sons, and such as are afflicted with the super-
abundance of either Choler or Flegm.

*Cordial and Physical Syrup,**How to make Catholicum Majus.*

Take of the four great cold seeds cleared, and of white Poppy-seeds, each a dram Gumdragant three drams, red Roses, yellow Sanders, Citron and Cinamon each two drams, Ginger one dram, of the best and choicest Rhubarb and Diacridum each half an ounce, Agarick, Turbith, of each two drams, white Sugar dissolved in Rose-water, wherein two ounces of Senna have been concocted, one pound: make them into Tables of three scruples, and let one Table be the dose.

It gathers humours from all parts of the Body and expells them without molesting health or impairing of the strength, but rather fortifying nature, &c.

Syrup of Radish; how to make it.

Take of the roots of Garden and wild Radishes, of each an ounce; of Saxifrage Knée-holm, Borage, Sea-holly, Pettywhim O Cammack, or Ground-turz, Parsley Fennel, each half an ounce, the Leaves of Betony, Pimpernel, wild Time, Tender crop, of Nettles, Cressles, Samphire, Vent hair, of each a handful: the fruit of Sleepy Nightshade and Jubebs, of each twenty the seed of Basil, Bur, Parsley, of Macedonia, Crraways, Sefeli, yellow Carrots, Grommel, Bark of Bay tree Root, of each

scrup

truple; Raisins stoned, Licoras, of each a
ram: Boil them in ten pounds of Water
all four of them be consumed, then strain
ye, and with four pounds of Sugar, and half
the quantity of clarified Honey, make the
anquid part into a Syrup over a gentle fire,
adding an ounce of beaten Cinamon, and
tw half the quantity of grated Nutmeg.

*this being taken at convenient times, expelleth
Gravel and Stone, and scourest the Kidneys,
if it be mixed with other lenitive and scouring
matters; and also provokes Urine.*

Syrup of Vinegar compound; how to make it.

Take of the best Wine-vinegar a Gallon,
boil it, and take off the scum that arises;
then stamp Endive, Maiden-hair and Wood-
arrel, with Barberries, or green Grapes;
press out the Liquor, and put it into the Vi-
negar, to the quantity of a quart; boil them
till a fourth part be consumed, then add
whix pounds of Sugar, or so much as will
make it into a Syrup, and give two spoonfuls
es of a time with success, in case of any hot di-
temper or feverish disorder of the Body,
to expell all gross flegmatick Humours.

Syrup of Barberries is made thus.

Take your Barberries, pick'd from the
ced stalks, boil them to a pulp, then strain and
and rarifie the Juice, then boil it up, being
ch pounds, with six pounds of fine Sugar into
scrup

a Syrup; or if you find that it will not thicken it sufficiently, you may add more.

To make Syrup of Cowslips.

Take a gallon of the distilled simple Water of Cowslips, and put into it half a peck of the flowers clean picked, the yellow part only; boil them up with the Water, and add to the liquid part, after it is strained from them, six pound of Sugar, heating it over the fire till it become a Syrup.

To make Syrup of Maiden-hair.

Take the herb so called to the quantity of six ounces, shred it a little, and add of Licorae powder two ounces and an half, steep them twenty four hours in three quarts and a pint of hot water: add five pounds of fine Sugar to the Liquor, after it is boiled and consumed a third part, and set it again over the fire till it become a Syrup.

To make Syrup of Licorae.

Take of the Root Licorae newly drawn from the ground, two ounces, scrape it into Powder of Coltsfoot, four ounces, Maiden-hair and Hyssop, each half an ounce infuse them twenty four hours in three quarts of Water, then boil them till a half part be consumed: which done, strain off the remainder, and with a pound of clarified Honey, and the like quantity of Loaf-Sugar boil it up into a Syrup.

To make Syrup of Citron-Peels.

Take of the Peels of yellow Citron a pound, of the Berries or Juice of the Berries Cherms a dram; steep them a night in Spring water to the quantity of two quarts, then boil them till a half part be consumed, and taking off the scum, strain it, then boil it up to a Syrup, with two pound and a half Sugar.

To make Syrup of Harts-horn, or rather Harts-tongue.

Take of the Herb called *Harts-tongue* the Roots of both sorts, of Bugloss, Polypodium the Oak, Bark of Caper-roots, Tameris, ops, Maiden-hair, Baum, of each two ounces: boil them in five quarts of Spring-water till a fifth part be consumed; to which add four pounds of fine Sugar, and boil it to a Syrup.

To make the Syrup of Quinces.

Take three quarts of the Juice of Quinces, let it be well settled and clarified; boil it over a gentle fire till half be consumed, then add three pints of Red-wine, with three pounds of white Sugar, and a dram and a half of Cinamon, and of Cloves and Ginger each scruples, and boil them up to a Syrup.

To make Syrup of Hysop.

Take a handful of the Herb so called, Figs, Dates, and Raisins, of each an ounce: boil them

them in three pints of Water till a third part be consumed, strain and clarify the remainder with the Whites of two Eggs adding two pound of fine Sugar, and so make it up into a Syrup, and it will continue good a twelve month.

To make an excellent Syrup for a Cough or Croup or to restore decaying Lungs.

Take two quarts of Spring-water, put into it an ounce of Sydrack, half an ounce of Maiden-hair, two ounces of Ellicampane roots sliced: boil them in an Earthen-vessel till half be consumed, add more to the liquid part, strained off two pound of Sugar and boil it up into a Syrup; two Spoonfulls of which, take morning and evening, being a wonderful Restorative.

To make Syrup of Elder, now greatly in use.

Take the Elder-berries fresh, when they are full ripe, strain out the Juice, boil it till a third part be consumed; scum it clean, and add to a gallon an ounce of Mace and two pound of Sugar, boiling it up to a Syrup.

To make Syrup of Roses.

Take a gallon of fair water, and a quart of White-wine, put into them when they boil a peck of red Roses pickt, and let them boil till they appear white: then press them, and put them into the liquid part, and boil it up ten, adding the Whites of two Eggs well beaten.

aten, and a pound of Sugar to each pint of Liquor; and when you find it sufficient-thick, preserve it in Glasses or Earthen vessels close stopped for your use.

To make Syrup of Vinegar.

Take of the roots of Smallage, Fennel, Endive, of either three ounces; of the leaves of Anniseed, Smallage, Fennel, Endive, half an ounce of each: boil them gently in three quarts of Spring-water till half be consumed, then strain and clarify with three pound of Sugar, and add a quart of White-wine Vinegar, and boil it to a Syrup.

To make Syrup of Saffron.

Take a pint of Endive-water, two ounces Saffron finely beaten, steeping it in the water for the space of two days; at the end of which strain out the Saffron, and with a pound of Sugar boil it up to a Syrup.

To make Syrup of Mint.

Take the Juice of ripe Quinces, and of pomegranates of each a pint and a half; add Mint half a pound, and of the Leaves of red Roles two ounces; let them steep a day and a night in the Liquor: boil it then till half is consumed, and add four pound of Sugar to make it into a Syrup.

C H A P. IV.

*Instructions for a Gentlewoman in Preserving
and Conserving Fruits, Flowers, Roots, and
what else is useful on sundry occasions for ser-
ving out Banquets, &c.*

To Preserve Mulberries.

Strain two quarts of the Juyce of Mulber-
ries, and add to it a pound and
half of Sugar; boil them together over
gentle fire, till they become in a manner
Syrup, then put it into three quarts of Mu-
berries not over ripe; and after they have
had one boil, take them off, and put them
together, with the Liquor into an Earthen
vessel, stop them close, and keep them for
your use.

To Preserve Goosberries.

Take them before they be over-ripe, cut
off their stalks and tops; and if you have
leisure, stone them; then laying in an earthen
vessel a Layer of Sugar, lay upon it a Layer
of Goosberries; and so do between every
Lay, till your vessel be almost full: then add
about a pint of Water to six pound of Goos-
berries; and the Goosberries having before
been scalded, set them in this manner over
a gentle fire, and let the Sugar melt: when
being boiled up you may stop them up, and
reserve them for your use.

To Preserve Cherries.

Take your Cherries when they are in their prime, and scattering some Sugar and Rose-water at the bottom of your Preserving-pan, put them in by degrees, still casting in your Sugar, remembring you put an equal weight of either; and being set on a quick fire, you may add a pint of white-wine, if you would have them plump: and when you find the Syrup boiled up sufficiently, take them off, and put them into your Gallipot for use.

To Preserve Apricocks.

Observe when they are moderately ripe pare and stone them, laying them a night in your Preserving-pan amongst Sugar, it being layd in Lays, and in the morning put a small quantity of fair Water or White-wine, and set them on Embers, and by increasing a gentle fire, melt the Sugar; when being a little scalded, take them off, and letting them cool; set them on again, and lay boil them up softly till they are tender and well coloured, at what time take them off, and when they are cool put them up in Gallipots or Pots for your use.

To Preserve green Walnuts.

Observe to gather them on a dry day, before they have any hard shell, and boil them in fair water till they lose their bitterness; then

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then put them into cold water, and peel off their Rind, and lay them in your Preserving-pan with layings of Sugar to the weight of the Nuts, and as much water as will w^{ash} it, so boil them up over a gentle fire; and again being cool, do it a second time, and put them up for your use. This way Nutmegs, with their green Husks, are Preserved.

To preserve green Pippins.

Observe to take them e're they are ripe, chusing the greenest, pare them and boil in water till they are exceeding soft, then take out the cores, and mingle the pulp with the water, ten Pippins and two pound of Sugar, being sufficient to boil up a Pottle of water; and when it is boiled to a thickness, put in the Pippins you intend to Preserve, and let them boil till they contract a greener colour than natural. And in the same manner you may preserve Plumbs, Peach Quinces, or any thing of that kind that you are desirous to have green and pleasant.

To preserve Barberries.

Observe that you chuse the fairest bunches gathered in a dry day, and boil several bunches in a Pottle of Claret till they are soft, strain them then and add six pound of Sugar and a quart of Water; boil them up to a Syrup, and put your Barberries scalded into the Liquor, and they will keep the year round.

To preserve Pears.

Observe that you gather those that are
round, not over-ripe, and laying at the bot-
tom of an earthen Pot or Pan, a laying of
vine-leaves, lay another laying of Pears up-
on them, and so do till the Pot is full: then
to a pound of Pears add half a pound of Su-
gar, and as much fair Water as will dissolve
over a gentle fire; where suffer them to
boil till they are somewhat soft, and then set
them by for your use.

To preserve Black Cherries.

Pluck off the stalks of about a pound, and
boil them in Sugar and fair water, till they
come a pulp; then put in your other
cherries with stalks, remembering to put half
a pound of Sugar to every pound of Cher-
ries; when finding the Sugar to be boiled up
to that thickness that it will rope, take them
up and set them by, using them as you see
convenient.

To preserve Eringo-Roots.

Take of the Roots that are fair and knotty
a pound, wash and cleanse them, then boil
them over a gentle fire very tender, after that
peel off their out-most Rind, but beware of
breaking them: after they have lain a while
in cold water; put them into your Sugar
and boiled up to a Syrup, allowing to each pound
of Sugar three quarters of a pound of Roots;
which

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which boiling a short time over a gentle fire you may set them to cool, and then put them up for your use.

*To Conserue or keepe any sort of Flowers, as
Roses, Violets, Cowslips, Gilliflowers, &c.*

Take your Flowers, well blown and ch
picked, bruise them very small in a Mortar
with three times the weight of Sugar; and
which take them out, and put them in a
Pipkin; and having thorowly heated it
over the fire, put the Conserue up in Glasse
pots for your use.

To conserue Strawberries.

Strain them, being first boiled in fair
water and boil the pulp in White wine and
sugar as much as is convenient to make it
thick, &c. And thus you may conserue
sort of Fruit, the difference not being great
between this and making Fruit Paste;
which I shall speak hereafter.

CH

C H A P. V.

Instructions for a Gentlewoman in Candying Fruits, Flowers, Roots, &c. As also in drying Fruits, and other things necessary to be observed, after the exactest and newest Mode and Method, &c.

To Candy Ginger.

Take the fairest pieces, pare off the rind, and lay them in water twenty four hours; and having boiled double refined Sugar to the height of Sugar again; when it begins to be cold, put in your Ginger and stir it till it is hard to the Pan; when taking it piece by piece, lay it by the Fire, and afterwards put it into a warm Pot, and tye up close, and the Candy will be firm.

To Candy Orange-peel.

Take Peels of the best Sevil-Oranges, the eat being taken out, and put them into Water and Sugar boiling-hot; where being well softned, boil Rose-water and Sugar up to a height, till it becomes Sugar again; then draw your Peels through it, and dry them in an Oven or Stove, or before the Fire.

To Candy Cherries.

Take them before they are full ripe, stone them, and having boiled your fine Sugar to a height, pour it on them gently, moving them,

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them, and so let them stand till almost cold and then taken out and dried by the Fire.

To Candy Elicampane Root.

Take them from the Syrup in which they have been Preserved, and dry them with a cloth: and for every pound of Roots take pound and three quarters of Sugar: boil to a height, and dip your Roots into it while hot, and they will take it well.

To Candy Barberries.

You must take them out of the Preserve, and wash off the Syrup in warm water, then sift fine Sugar on them, and put them into an Oven or Stove to dry stirring or moving them the mean while, and casting more Sugar upon them till they are dry.

To Candy Grapes.

You must take them after they are Preserved, and use them as the former.

To Candy Eringo-Roots.

Take the Roots pared and boiled to a convenient softness, and to each pound take two pound of fine Sugar, clarify it with whites of Eggs that it may be transparent and being boiled to a height, dip in your Roots two or three at once, and afterwards dry them in an Oven or Stove for your use. And in this fashion you may Candy any thing as to Fruit or Roots, to which Candy

Candying and Drying Fruits, &c. 37

ing is proper. And as for Flowers, which
at way are pleasant and ornamental, you
andy them after the following manner with
eir stalks and leaves, &c.

Take your various sorts of Flowers, cut
e stalks, if they are extraordinary long,
mewhat shorter: and having added about
ght spoonfuls of Rose-water to a pound of
hite Sugar, boil it to a clearness; and as
begins to grow stiff and cool, dip your
owers into it; and taking them out pre-
ntly, lay them one by one in a Sieve, and
old it over a Chafing-dish of Coals and they
ill dry and harden.

To dry Plumbs, Pears, Apples, Grapes, or the like.

You must first Preserve them, then wash
wipe them; after which set them upon
in Plates in a Stove, or for want of it an
oven, not too hot, and turn them as you
e occasion; observing ever to let them
ave their Stalks on.

C H A P. VI.

Instructions for a Gentlewoman in making Marmalade, Paste of Fruit, Artificial Jellies of Fruit, Quiddanies, Fruit-cakes, &c. &c. conserve for Tarts, Maccaroons, Candy, and Confections, after sundry forms and manners.

To make Marmalade of Oranges.

PAre your Oranges as thin as may be, let 'em boill till they are soft in two or three waters, then take double the number of good Pippins; divide them and take away the Core; boill them to Pap without losing their colour: strain the Pulp, put a pound of Sugar to every pint; take out the pulp of the Oranges, and the peel, and boill it till it is very soft: beat it in the Juyce of three Lemons, and beat it up to a thickness with your Apple and half a pint of Rose-water.

To make Paste of Cherries.

Boil the Cherries till they come to be soft, and strain the pulp through a fine Sieve, and add a pound of Sugar to a pint: strain it with Apple-pap, and boill it up to a height, then spread it upon Plates and dry it.

To make Marmalade of Grapes.

Take the ripest Grapes, gathered in a

y, spread them upon a Table where the
r and the Sun may come at them; after
hich, take from them the stalks and seeds,
siling the Husk and Pulp, or Juyce in a
an, with often scumming, whilst it is re-
ced to a third part, and then let the heat
gentle; and when you find it thickned,
ain it through a Sieve; and boiling it once
ore, add a small quantity of fine Sugar, or
e Powder of white Sugar-candy, and so put
up in Pots covered with Paper for your use.

To make Honey of Mulberries.

Take the Juyce of the black Mulberries,
d add to a pound and an half of their
yce two pound of clarified Honey, and
il them up with often scumming till a third
t; art be consumed.

To make Jelly of Quinces, Currans or Gooseberries.

Take the Fruit, and press out the Juyce,
arifie it, and add to each quart a pound of
gar clarified and boiled up to a Candy
ight, then boil them together till a third
art be consumed; then add a pint of White-
e Saine wherein an ounce of Cherry-tree or
umb-tree Gum has been dissolved, and it
ill make it a perfect Jelly.

To make Lemon Cakes, or Cakes of Lemons.

Take fine Sugar half a pound, to two
nces of the Juyce of Lemons, and the like

quantity of Rose-water; boil them up till they become Sugar again, then grate in the Rind of hard Lemons; and having incorporated them, put them up for use into Coffins, &c. being cold, and cover them with Paper.

To make Artificial Oranges and Lemons.

Take Moulds of Alabaſter, made in two pieces, bind two of them together, and let them lye in the water an hour or two; then fill them to a height in the mean time as much Sugar as will fill them: the which being poured into the Mould, and the lid put quick on, it by suddenly turning will be hollow. And so in this case to the colour of the Fruit you cast, you must colour your Sugar in boiling.

To make Red Quince-cakes.

Take the Syrup of Quinces and Barberries, of each a quart; cut into it about seven Quinces free from rind and cores: boil them till they are very soft, then strain the Pulp or liquid part, and boil it up with a pound of Sugar till it be Candy-proof; then take it out and lay it upon Plates, as they you think convenient, to cool.

Clear or transparent Quince-cakes are made thus.

Take a pint of the Syrup of Quinces and a quart of that of Barberries: boil and clarify them over a gentle Fire, keep

up
in
ng
or y
l co
m free from Scum: then add a pound and
quarter of Sugar to the Juyce, Candying
much more, and putting it in hot, and
keeping it stirring till it be near cold, at
that time spread and cut it into Cakes as the
mer.

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To make Marmalade after the Italian fashion.

Take about thirty Quinces, pare them,
e out their coes, and put to them a quart
water and two pound of Sugar; boil
m till they are soft, then strain the Juyce
d the Pulp, and boil them up with four
und of Sugar till they become sufficiently
ck.

To make white Quince cakes.

Clarifie your Sugar with the Whites of
gs, putting to two pound a quarter of a
nt of water; which being boiled up, add
y Sugar and heighten it to a Candy: then
e Quinces being pared, cored and scalded,
at to Pulp, and put them into the boiling
gar, not suffering them to boil long be-
re you take them off, and lay them on
ares.

To make Maccaroons.

Blanch a convenient quantity of Almonds,
putting them into hot water: beat them
e in a Mortar, strewing on them as you
at fine seraced Sugar, and when they are
ell mixed, add the Whites of Eggs and

Rose-water: and when they are of a convenient thickness, drop the Butter on Wafers laid on Tin Plates, and bake them in a gentle Oven.

To make a Leach of Almonds.

Take half a pound of Almonds blanch'd beat them in a Mortar, and add a pint new Milk, and strain them; add more, to spoonfuls of Rose-water, and a grain Musk, with half an ounce of the white Ising-glass, and strain them a second time for your use.

To make Sugar smell like Spice.

Lay lumps of Sugar under your Spice, or sprinkle them with some of the distilled water.

To make a Quiddany of Plumbs, Apples, Quinces, or any other Fruit that is proper.

Take a quart of the liquor of the Preserved Fruit; and add a pound of the Fruit raw, separated from the Stone, rind or core, boil it up with a pound of Sugar till it stands upon a knife-point like a Jelly.

To make a Conserve for 'Larts of any Fruit that will keep all the Year.

Take the Fruit you intend, peel off the rind, and remove the core or stone, then put them into a Pot, and bake them with a small quantity of Water and Sugar: be bak'd; strain 'em through a strong Cloth, and add

ling Cinamon, Sugar and Mace, very fine-
seraced; boil them on a gentle Fire till
they become as thick as a Jelly, and then
put them up in Pots or Glasses stopped close,
and they will have their proper taste at any
time.

To preserve Medlers.

Take the Fruit and scald them in fair wa-
ter till the Skin may be easily taken off, then
cut them at the head, and add to each
pound a pound of Sugar, and let them boil
till the Liquor become ropey; at what time
take them off, and set them by for your use.

To make Sweet-meats of any Apples.

Make your Gelly with those that are most
soft and pleasant, then cutting other Apples
round-ways, put them into a Glass or Pot,
and let them stand six days, then boil them
with the addition of a quarter of a pound
of Sugar, to a pound of Liquor, not break-
ing them, but seasoning them further with
the Juyce of Lemons, Oranges, Cloves, Mace,
and perfuming them with a grain of Amber-
grease.

*To make each sort of Comfits, vulgarly called
Covering-seeds, &c. with Sugar.*

You must provide a Pan of Brass or Tin,
to a good depth, made with Ears to hang o-
ver a Chafing-dish of Coals, with a Ladle
and slice of the same Metal; then cleanse
your

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your Seeds from dross, and take the fine Sugar well beaten: put to each quarter a pound of Seeds, two pounds of Sugar, the Seeds being first well dried, and your Sugar melted in this order, put into the Pan three pounds of Sugar, adding a pint of Spring-water, stirring it till it be moistened, and suffer it to melt well over a clear fire till ropes, after that, set it upon hot Embers, not suffering it to boil, and so from your Ladle let it drop upon the Seeds, and keep the Basin wherein they are continually moving, and between every Coat rub and dry them as well as may be; and when they have taken the Sugar, and by the Motion are rolled in order; dry them in an Oven, or before a fire, and they will be hard and white.

C H A P. VII.

Instructions for a Gentlewoman in her Behaviour at the Table, abroad and at home; with the Terms and Manner of Carving Fowl, Fish, of Beasts and Fish, with Directions to know the choicest pieces in either, and such as are most acceptable.

BEING at the Table in your due place, observe to keep your Body strait, and lean not by any means with your Elbows, nor by a ravenous Gesture discover a voracious Appetite: Knew no Bones, but cut your Meat decently.

finely with the help of your Fork; make
no noise in calling for any thing you want
speak softly to those that are next, or
wait to give it; nor be so disingenious as to
shew your dislike of any thing that is before
you, if strangers be at the Table; especially
another's Table; eat not your Spoon-meat
hot that it makes your Eyes water, nor be
slovenly to blow it. Complain not of a queazy
stomach: wipe your spoon every time you
take it in the dish: if you eat Spoon-meat
with others, eat not too fast, nor unseemly:
neither be nice or curious at the Table by
laughing or mimping, as if you liked not the
eat-or the Company: where you see va-
riety, yet reach not after them, but stay till
you have an opportunity, and then shew an
indifferency as to your choice; and if it
happens you have a Plate with
one Piece you fancy not presented, wait
your opportunity till it be taken away and
changed: nor be inquisitive (for 'tis uncom-
ely) to know what such a Fowl or such a
meat cost, nor discourse of Bills of Fare:
be not in your Wine or other Liquor too
drunkenly, nor drink till you are out of breath,
do things with decency and order. If you
eat abroad at Dinner, let not your Hand be
in any Dish, nor take your place un-
seemly: neither be induced to Carve, though

the Mistress of the house out of a Com-
 ment intreat it, unless you see a need
 for it; and where-ever you Carve, keep y
 Fingers from your Mouth: throw not
 thing over your shoulder, neither take
 give any thing on that side where a Per
 of Quality, or one much above you is seat
 nor reach your Arms over other Dishe
 reach at what you like better. And so
 ving what else is requisite in this kind to
 observed, I proceed to give you, First,
 Terms of *Carvers*: Secondly, the Man
 of *Carving*: and Thirdly, Directions
 know the best pieces, &c. And of these
 their order.

First, That you may the better be enab
 to direct those you appoint to Carve, if y
 Carve not your self, the most expert in
 Dexterity give the following Terms, by w
 of Distinguishment, and properly in the c
 ting up all manner of small Birds: the
 rections for it is. Thighing them, as La
 Woodcocks, Pigeons, &c. Directions
 cutting up a Plover is to Mince it: a Q
 and Partridge, to Wing them: a Bittern
 unjoint it: a Peacock, to disfigure it
 Crane, to Display it: a Hern, to Disme
 ber it: a Mallard, to Unbrace it: a Chick
 to Unfrust it: a Swan, to Lift it: a Go
 to Rear it: And so in Flesh of Beasts,

Com break that Deer, Unlace that Coney, Leach
cecel that Brawn. So in case of Fish, as Chime
epy the Salmon, String the Lamprey, Splat the
not a Pike, Sauce the Place and Tench, Splay the
take aream, Side the Haddock, Culpon the
Per trout, Tusk the Barbel, Tranfon the Eel,
sear same the Crab, Barb the Lobster, Tranch
ishes the Sturgeon. The second thing to be con-
so sidered, is the Manner of cutting up.

d to If you take it upon you to Carve a Swan,
ft, called in the proper term Lifting, slit him
Man downright in the middle of the breast, and
ons through the Back, from the Neck to the
hefeump, laying the slit Sides downward in
the Dish without tearing the Flesh, and serve
the Sawce up in Sawcers.

if y The Term of Carving a Goose is to
in ear or break her in this manner: Take off
y w the Legs very fair, then cut off the Belly-
he piece round, close to the lower end of the
he Breast, and with your Knife lace her down
L on each side a thumbs breadth from the
ns breast-bone, taking off the Wings with the
Q flesh you first laced; raising it clever from
ern the bone, then cut up the Merry-thought; and
it another piece of flesh which you formerly
fme cced; turn the Carcass, and divide it at the
nich back-bone above the Loin; then lay the
Goump-end of the Back-bone at the fore-end
fs, of the Merry-thought, with the fleshy side
C up.

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upward, and the Wings on each side contrary that so the boney end of the Legs may stand up in the middle of the Dish, and the Wings on the out-side, putting under the Wing Pinions the two long Pieces of Flesh, and let the ends meet under the Leg-bone.

In Carving and Dismembring a Hern, lace her down the Breast, and take off both the Legs, then raising up the Flesh, take it clean off with the Pinions; then sticking the Head in the Breast, set the Pinions on the contrary side of the Carcass, and the Legs on the other side, so that the ends of the bones may meet cross over it.

In cutting up a Bustard or Turkey, the Leg being raised up very fair, open the joynt with the sharp Point of your Knife and lace down the breast on both sides, without taking off the Leg or the Pinion; then raise up the Merry-thought, and between the top of the Breast-bone and the Merry-thought, lace down the Flesh on both sides and raise up the flesh called the Brawn; turn it outward on both sides, but neither cut it off nor break it; then cut off the Wing Pinion at the Body-joynt, and stick on each side the Pinion, in the Place where you turned out the Brawn, cutting off the sharp end, and taking the middle piece, that will fit the Place. And in this manner a Capon

For Pheasant may be cut up, but cut not off the Pinions of the former, the divided Gizzards serving to supply the place where the Turkeys Wings were put.

In unbracing a Mallard, Observe that you raise up the Pinion and Leg, not taking them off; raise likewise the Merry-thought from the Breast, and lace it down slopingly on each side the Breast, and loosning the joynts, leave it undivided.

In Displaying a Crane, Unfold the Legs, and cut off the Wings by the Body-joynts, then sawce both the Wings and Legs with Powder of Ginger, Mustard, Salt and Vinegar: and so a Bittern may be unjoynted, or any other Fowl of that nature.

Your Partridge or Plover minced, &c. White-wine, Powder of Ginger and Salt is the proper sawce.

In unlacing a Coney, Turn the Belly upwards, cutting the Belly-pieces from the Kidney, then with the Point of your Knife loosen the Kidneys and Flesh between, to the other side of the Bone, when turning up the back-side of the Rabbit, cut it cross between the Wings, and lace it down close by the Bone on either side; then open the Flesh from the Bone against the Kidney, and open the Legs, slit them from the Kidney to the Rump, and lay them close in order.

A Pig being chined, is generally divided into four quarters, the Head divided, and the Ears taken off, and the rest left to the discretion of the Carver.

A Salmon is chined down the back, and laced on each side the Back-bone, and divided into *Medinms* and *Extremities*, greater or lesser, at discretion:

Thirdly, If you have a Friend at the Table you would oblige more than another, and if Chickens boiled be the first Dish, the Breast is to be preferred, and next the Leg for in all boiled Fowl the Leg is accounted better than the Wing: though in roasted ones, if they be wild Fowl, the Wing is chief: and the reason that is given is, because it is exceeding tender by means of its continual motion, and add, as a Curiosity on the other hand, that the Legs of tame Fowl not using the Wing, but often scratching, are to be preferred: though it is generally held in wild and tame Fowl, as Pullets, Turkeys, Capons, Geese, Duck, Mallard, Pheasant, Dotril, and the like, that the Merry-thigh and the Wing are best, however they are most acceptable, and the next part, that which is laced on the Breast-bone.

As for Butchers Meat, In roast Beef, that which is within-side the Surloin is most prized: and in other Pieces that which is cut

deviously strip'd with Fat and Lean, and so in
the boil'd Beef.

In a Loin of Veal the Nut piece, or Kid-
ney piece.

In a Leg of Mutton, there is a little round
Bone on the inside, above the Handle, that
is fit with the meat upon it to be presented,
and is in great esteem among the Curious :
As it appeared by a Gentleman, who after
a long Coursing, being extream hungry, and
finding that Bone untouch'd in a cut Leg of
Mutton, refused to eat, by reason he fancied
Boorish People had had the first handling of
it, or otherwise their discretion would have
directed them to have taken that piece.

A Shoulder of Mutton being cut between
the Handle and the Flap, in a Leg, the fat
Nut there found is the choicest Piece.

And in a roasted Pig, the Women espe-
cially, prefer the under Jaw and the Ear,
though on the other hand the Neck and
Middle-piece is preferrable.

In a Hare, Coney, or Leveret, the Back-
piece, just in the Middle, is held of great E-
steem, though some nicely covet the Piece
by the side of the Tail, called the Hun-
dman's Piece.

In all Fish without shells, the Jole, or that
part next to the Head, is to be esteemed: and
in a Lobster, or Crab, the Claw.

If Fish or Sliced Flesh be in PASTE, 'tis proper to touch it with your Knife, Fork or Spoon, and raising it conveniently lay it up on a Trencher or Plate in the best order not by any means delivering it to the Hand of the Party with your Knife, Fork or Spoon but on a Plate.

All sorts of Tarts, Custards, wet Sweetmeats and Cakes, being cut in the Dish wherein they were served up, must be layed likewise with the Point of a Knife handsomely on a Plate and presented.

CHAP. VIII.

CHAP. VIII.

The Closet of Beauty, or modest Instructions for a Gentlewoman in making Beautifying Waters, Beautifying Oyls, Pomatums, Reparations, Mush-balls, Perfumes, and other Curiosities: Highly necessary and advantageous to the Practice, &c.

If hair that comely Ornament of your Sex, wanting, occasioned by Sicknes or Defect of moisture, &c. To recover it,

TAKE the Ashes of Hyssop-roots, the juice of Marshmallows, and the Powder of Elicampane-roots, of each an ounce: boil them in half a Pint of White-wine, with 2 dram of the Oyl of Tartar, till half be consumed, and with the remainder anoint

the bald Place, and the Hair will be re-
stored.

To preserve the Hair from falling off.
Burn Pigeons Dung to Ashes, of which
take the quantity of an ounce, put them into
a Pint of Water where Wood-ashes have
boiled: then add two ounces of the Juyce
of Sengreen or Housleek, and one of fine
Sugar-candy, and half an ounce of Rose-
mary Flowers: boil them together, strain
them well, and wash the Place six or seven
times, and the Hair will not only remain
firm, but what is fallen off will renew.

*If Hair grow too thick or unseemly in any part
of the Body.*

Take Gum Arabick, and boil it to the
thickness of a Salve in the Juyce of Hem-
lock, and lay it on the Place plaisterwise;
and when it is taken off, which must not be
under two days, it will bring off the Hair by
the Roots, not permitting any more to
grow in that Place.

To make the Hair fair and beautiful.

Cleanse it from dust by washing it in
Ale-Vinegar, then boil an ounce of Tur-
meric, the like quantity of Rhubarb, with
the leaves of Bay-tree cut small, to the
quantity of a handful, boiled in a quart of
water, wherein half a pound of Allom has
been dissolved; and by often washing your
Head

Head with the Decoction, it will make your Hair fair and lovely, unless it be a deep red or exceeding black.

To cleanse the Skin of the Face and make it Beautiful.

Take and distil the Blossoms of Pease and Beans, with the like quantity of the flower of Fumitory and Scabeous, and wash the Face with it Morning and Evening, anointing it afterwards with a small quantity of Oyl of Myrrh; and by often using it you will have cause to admire the Effects! Rosemary-flowers boiled in White-wine, have likewise their wonderful quality in this kind.

To take away Freckles

Take the Galls of two Cocks, a handful of Rye-flower or Meal, a Pint of Verjuice, two ounces of Plantane-water, and one of the Oil of bitter Almonds: boil them, and strain out the liquid Part, when a third Part is consumed, then boil it again till it become a kind of an Ointment; and often anointing the Face therewith, will remove 'em.

To make a clear, white and smooth Skin.

Take an ounce of Barrows-grease, Whites of two Eggs, half an ounce of the Ashes of Bay-tree roots or leaves, a quarter of an ounce of Honey-Roses, and a quarter of a pint of Plantane-water; boil them till they become

ointment, and use it to the end above-
mention'd.

To take away Spots.

A handful of Spanish-Salt dissolved in the
Juice of two Lemons, is a speedy Remedy, the
Face and Hands being often rubbed with it,
and it as often suffered to dry upon them.

*To take away Wrinkles, and make the Face look
Youthful.*

Take of Brandy, Spirit of Wine, a quar-
ter of a pint, of Bean flower and red Rose-
water, each four ounces; Water of Lillies
four ounces, the juice of Briony-roots two
ounces, and of the Decoction of Figs two
ounces: Incorporate them over a gentle fire,
and use it as a Wash.

*To take away the Red Spots occasioned by the
Small-Pox.*

Wash your Face with Juice of Lemon,
in which Beaten-Allum and Bay-Salt has
been dissolved: and to wear out the Pits, or
prevent them gnawing deeper, as you grow
in years, Take half a pint of the Spirit of Vi-
negar, an ounce of Mustard seed, a quarter
of a pint of the Juice of Marshmallows,
and a handful of Bran: boil them together,
and put the liquid part in a Viol, with which
wash your Face Morning and Evening, and
you will find the Effect will answer the
trouble.

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To take away Pimples and Redness in the Face.

Dissolve half an ounce of Alum in the White of an Egg, and a Spoonful of Vinegar beat it together till it is well mixed, and when you go to bed, lay it Plaister-wise upon the place and your desire will be effected.

To take away the hot swelling in the Face.

Boil Rosemary-blossoms, or leaves of Groundfil and Camomil in White-wine, and not only wash your Face in the Juyce, but let the herbs stamped with a small quantity of Oyl of Roses, poultice-wise to the place affected.

To restore a Ruby Face to its former Complexion.

Take the yolks of two Eggs, an ounce of fresh Butter, four drams of Camphire, half pint of Rose-water, an ounce of the Oyl of Bays: mingle them well by heating them over a fire, and anoint the Face with the Ointment, for they will produce, if well beaten and kept stirring, and strain'd through a Woollen Cloth, an Oyl, &c.

To make the Hands soft and white.

Take of Bean and Lupin-flower, of each a handful, of Starch, Corn, Rue and Oris and sweet Almonds two ounces: beat and grind them together, and with the Powder wash your Hands often.

To make an excellent Wash-ball for the Hands and Face.

Take two ounces of *Calamus aromaticus*, of Rose-flowers, and the flowers of Lavender, each a handful: three ounces of Orice, and an ounce of Cyprus: beat them well, scrape into the Powder of them, being sifted, as much Castle-Soap as will make it into Balls, when mollified with Rose-water.

To prevent marks of the Small-Pox in the Face.

Boil Cream and Honey of Roses to an Ointment, and therewith anoint the places, during the Patients Sickness, where you fear the Deformity.

To make Teeth white and continue sound.

Take of the Powder of Roach-Allum a quarter of an ounce, the like quantity of the Powder of fine Pumice-stone, half as much Bay-salt, and half a quarter of a pint of the Juice of red Sage: boil them over a gentle fire till they appear thick, add with the residue rub your Teeth every Morning, washing your Mouth with water and Honey.

To cause a sweet Breath.

Take four ounces of Cumin-seed, as much of Aniseed, with half as much of the tops of Lavender: bruise them and boil them in Wine, sweetned with white Sugar-candy, drink when you rise and go to bed, an ounce of the liquid part, and in ten or twelve

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twelve days your Breath will be as sweet
ever, unless the Lungs are putrefied.

*If your Eyes are Bloodshot, to remove that
unseemly grievance,*

Take two ounces of the Roots of red E
nel, stamp them and press out the Juice,
mingle it with half an ounce of clarified
Honey: beat them gently over the fire
they become an Ointment, anoint therewith
the Eye-lids, and drop a Drop with a Fe
ther into each Eye: and in so doing, a
washing them with White-wine or E
bright-water, the Redness will vanish.

*If by the Wind or sharpness of the Air, Clefts
happen in your Lips,*

Take Deers Suet an ounce, the like quantity
of *Sperma ceti*; add thereto an ounce
the juice of Houfleck or Sengreen, and mix
them into an Ointment, and anoint your
Lips, or any part of your Face so afflicted
it will likewise serve for your Hands, a
doing it when you go to bed, and draw
on a pair of soft Gloves.

To restore a singular Complexion in the Face

Take green Hyssop, when the Flowers
on it, stamp it, and strain out the Juice
sweeten it with white Sugar-candy, and
it up with a third part of the Juice of Pome
granates, and when it is clarified, use you
self to drink six spoonfuls of it in warm

The Closet of Beauty, &c. 59

morning and Evening, and you will find
the Advantage.

To remove any ill Scent from out of the Nostrils.

Snuff up, or inject with a Syringe, White-
vine, wherein Ginger, Cloves and Calamint
have been boiled, and provoke your self to
sneeze with the Powder of *Piritum*, steeped
in the juice of Sengreen, and afterward
dried to its original dryness in the Sun.

To make sweet Water.

Take a pint of the Water of Mugwort,
half a pint of the distilled Water of Peach-
blossoms, drop into them, when warm,
eight or nine drops of the Oyl or Spirit of
Cloves, and as much of Nutmegs: stop it
close and shake it when you use it.

To take away Warts.

Take the juice of Sengreen and Purslain,
adding to it an ounce of both together, ten
or twelve drops of Oyl of Tartar, and wash
the Warts with it when hot, and they will
fall away.

To kill Black-headed Worms in the Hands and

Face.

Take half a pint of Wormwood-water, an
ounce of the Ashes of Sutherland, and
half an ounce of black Soap: boil them till
the moisture be so far consumed, that they
come to a thickness: then add an ounce of
Oyl, and make them into an Ointment, and
anoint.

anoint the place where they be; which may perceive by their black heads, and will, by often doing it, die and waste away.

To take away Freckles, Morpew, or Scars from the Face.

Take half a pint of the Spirit of Wine, Rosemary flowers two ounces, the juice of Elder-leaves two ounces, the Marrow of Sheeps-feet or Hogs feet two ounces: steep them till a third part be consumed, and anoint your Face therewith. Or for want of it, take of the Oyl or Ointment of Camellia four ounces, and two of Pomatum: anoint your Face with them when well incorporated, and six hours after wipe it off, and wash your Face with Bean-flower, or Rose-flower Water.

In case of a Ring-worm in the Face.

Take half a quarter of a pint of the Vgar of Squills, a quarter of an ounce of the juice of Celendine, three drams of the of Tartar, and as much of the Powder of Alloes: heat them over the fire till they come thick, and lay some of it Plastered into the place grieved.

To cleanse the Body, and make it comely.

Take red Roses two handfuls, of red and Lavender-flowers the like Quantities, a handfull of Featherfew, and as many

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es: boil them in Spring-water, adding
handful or two of Salt, and wash your self
warm as with conveniency you may.

To curl the Hair.

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Take three ounces of Pine-nut Kernels,
rythem, and beat them into Powder, then
d to them half a pint of the Water of Wall-
owers, and two ounces of the Oyl of Myr-
e: boil them into a thicknes, and strain-
g out the liquid part, anoint the Hair, and
ll it up; and so you will find it will in
ice or thrice doing keep the Curl.

To make the Hair black.

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Take two ounces of the Juice of green
Walnuts, as much of that of red Poppeys,
ounce of the Oyl of Myrtle, and of that
Costmary the like quantity: boil 'em to
Ointment, and anoint the Hair there-
ith often, and it will effect your Desire.

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Gentlewomen, your Breasts be over-large,
(and by that means troublesome) to reduce them;
Make an Ointment of Roach-Allum and
Oyl of Roses, with a small quantity of
aceous water, and they will contract
emselves by being often anointed.

To make a sweet Bath.

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Take the flowers or peels of Citrons, the
owers of Oranges and Gessamine, Laven-
r, Hyfop, Bay-leaves, the flowers of Rose-
ary, Comfry, and the seeds of Coriander,

D

Endive,

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Endive, and sweet Marjoram; the Ber
of Myrtle and Juniper : boil them in Spring
water, after they are bruised, till a third
part of the liquid matter is consumed, and
enter it in a Bathing-tub, or wash your face
with it warm, as you see occasion, and
will indifferently serve for Beauty and
Health.

To make Musk-bags to lay among your Cloaths.

Take the flowers of Lavender-cotton
four ounces, Storax half an ounce, red Rose-leaves
two ounces, Rhodium an ounce : dry them
and beat them to powder, and lay them in
a Bag wherein Musk has been, and they
cast an excellent Scent, and preserve your
Cloaths from Moths or Worms.

To make Musk-balls.

Take of the flower of Almonds six ounces
Castile-soap six ounces ; wet them in Rose
water, and infusing two grains of Musk
make the PASTE up into Balls without heat
ing.

To make burning-Perfume.

Take an ounce of Storax, the like quantity
of Mace, Cinnamon and Nutmeg; bruise
them together, and add the Powder of Cassia,
and two ounces of the Oyl of Myrtle
or more if that suffice not, to make it in
rolls : or in stead of it, you may use Virgin
Wax ; and being set on-fire, it will cast
precious Scent.

To make a Scent of Rosemary.

Take your Perfumer, and heat it over a Chafing-dish of Coals; put into it, being pretty hot, two Spoonfuls of Rose-water, half a handful of Rosemary-tops, and six Grains of Sugar, and all the House will be scented.

Another excellent Perfume; how to make it.

Take a quarter of a pint of Rose-water, two Grains of Amber-grease, two pennyweight of Sugar, and a Grain of Civet; beat them together, and put them into your Perfuming-pot over the fire, and it will send forth a delicate Odour.

Perfume good against infectious Air.

Observe to take half a quartern of Spike-water, as much of Rose-water; a quarter of an ounce of Cloves, with seven or eight Bay-Roses shread, and six Grains of Sugar, and mix them in your Perfumer.

To make Musk-Cakes.

Take half a pound of red Roses, bruise them well, and add to them the Water of Basil, the Powder of Frankincense, making up with these a pound, add four Grains of Musk; mix them well to a thickness, make them into Cakes and dry them in the

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CHAP. IX.

Instructions for a Gentlewoman in many excellent Receipts, Physical and Chirurgical, tending the restoration, and preservation of Health, old and young, according to the best approved Rules and Methods, safe and easie in the Application, and successful in the Operation.

For the griping in the Guts.

Take Juniper-berries, Fennel, Anniseeds, Bay-berries, Tormentile, Bistort, Blaustins and Pomgranate-seeds, of each ounce: bruise them, adding of Rose-leaves handfull; boil them in Milk, press out the liquid part, and add more the yolk of an Egg, and six grains of *Laudanum*; prepare it warm, and give it Clyster-wise.

For Pains in the Head.

Take a Rose-cake, steep it in Betony-water, and apply it to the Forehead and Temples cold, often wetting it, and the Pain will abate.

In case of an Ague.

Take Rye meal, temper it well with the yolk of an Egg, then spread it Plaister-wise, and strow upon it the Powder of Juniper-berries, and lay it to the Party's Wrist, giving him to drink a Draught of hot Ale, wherein blue Lilly-roots have been steeped.

might, and a white Flint-stone red hot quenched, and let him or her thereupon go into a hot Bed; by several times using it, the Advantage will appear: Or take Rue boiled: Boll strong in White-wine.

For the Yellow Jaundice.

Take a large Onion, make it as hollow as you can; put into the cavity a quarter of an ounce of Venice-Treacle, and as much Honey, with a dram of Saffron: set the Onion on a gentle fire, and when by often turning it is sufficiently roasted, press it together with what was in it, and let the Party griev'd take a spoonful of it for three days together in White-wine.

For the black Jaundice.

Take Sage, Parsley, Groundsil and Smalage, and boil them in Pottage with Swines-heads; and in often eating it, the grievance will be removed.

For a dry Cough.

Take Anniseeds an ounce, the like quantity of Ash-keys, as many Violet-flowers, and the Powder of Licoras: beat them together, when dried, till they be a Powder; then put them into a pint of White-wine, sweetning it with two ounces of white Sugar-Wine, andy, boil them into an Electuary, and let the party take the quantity of a Walnut

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every morning fasting, drinking after it
glass of warm Ale or Milk.

To make a green Ointment.

Take a pound of Barrows-grease, add
it an ounce of Verdigrease, of Salgem half
scruple; make them up into an Ointme
over a soft fire, and it is used with success
case of old Sores or Bruises.

To break an Imposthume or Swelling.

Take an ounce of the Roots of white L
lies, half a large Onion, and half an ounce
of Barrow's grease; stamp them together
and being fryed, lay it hot to the place.

The Green-sickness in Virgins and young Widows.

Take a quart of Claret, a pound of bl
Currans, a handful of young Rosemary-top
with half an ounce of Mace; bruise them
and boil the liquid part to a pint, and let the
Party afflicted drink half a pint hot morning
and evening for a week together.

Sir Philip Parry's Emplaster.

Take of Olive-oyl two pounds, red Lea
one pound, white Lead one pound; beat an
searce them; of Castle soap twelve ounces
incorporate them in an Earthen pot well gl
zed, then set them on a gentle fire for
hour and an half, stirring them continually
till the matter become the colour of Oyl, and
somewhat dark. Try it on a Plate, if it clea
not thereto it is enough; then spread it

your Linnen, or dip the Linnen into it, and smooth it with a Sleek-stone, and it will not lose its Vertue in many years.

This Plaister, applied to the Stomach, provoketh Appetite, taketh away the grief or pain. Applied to the Reins, it stoppeth the Bloody flux, the Running of the Reins, the Heat in the Kidneys, and the Weakness of the Back, and is good for Swellings, Bruises, Aches, &c.

A most Approved Plaister for the Rupture.

Take of Aloes and Cittron one ounce, Dragon-blood an ounce, Myrrh an ounce, Mastick, Bole-armonick, Gum-dragant, of each three ounces; make them into a Powder, and with the Juyce of red Housleek, work them into a Plaister.

A Salve excellent to draw and heal, &c.

Take a penny-worth of Turpentine, as much Virgin wax as a Walnut, the like quantity of fresh Butter, a Spoonful of Honey, melt them into a pan, and strain the substance into fair Water, and make it into a Roll for your use.

An excellent Emplaister for a new or old Sore.

Take of Rosin four ounces, melt it, then of Turpentine take an ounce, and two ounces of Wax, the like of Sheeps-Suet cleared from the skin, and a spoonfull of Olive-oyle: Boil them over a gentle fire, and then strain them into Water, and apply them as a Salve.

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*Dr. Morfus's Emp'laster, commonly called
Oxecrotium.*

Take Ship-pitch, Saffron, Colophon
Bees wax, of each three ounces; Turpentine
Gabanum, Amoniacum, Myrrh, fine Frankincense, Mastick; of each an ounce and
and three Scruples: lay your Galbanum
night in Vinegar, then boil and strain
melt your Gums, and mingle them by stirring:
ring: put in last your Turpentine, and being
well incorporated, make it into rolls, and
use it in case of Pains, Aches, Bruises, Strains
Dislocations & to strengthen the Nerves,

*Oyl of Rosemary-flowers; how to make it,
with its Virtual Operation.*

Take a good quantity of Rosemary-flowers,
stamp them, and put them into a Glass
with strong Wine, stop the Glass close, and
set it in the Sun six days, then distill the flowers
and Wine with a soft fire; and the effect
will produce both Water and Oyl; separate
them, and keep the Oyl close in a Glass.

*This Oyl is good against the inveterate Head-ache,
it comforteth the Memory, and preserveth the
Sight, by being drank in a Glass of Wine,
dropped into the Eyes: being dropped into the
Ears, helpeth Deafness, and is good in case of
Dropsie, yellow Jaundies, rising of the Liver, &c.*

An excellent Powder to provoke Urine, and send forth the Gravel or Stone.

Take a Flint-stone and beat it in a Mortar to a fine and subtil Powder, searce it and keep it in a Bladder till you have occasion to use it, then take half a dram fasting, in a Glass of White-wine or Ale, and keep your self in warm.

A Powder to ease the Pains of the Gout.

Take of fine Ginger two drams, four drams, dried Elecampane root, Licoris half an ounce, Sugarcandy three ounces: beat them to a fine Powder, and searce them, drinking of the Powder, a dram at a time fasting, in a Glass of Ale.

A Water for easing the Pains in the Teeth.

Take of red Rose-leaves half a handfull, Pomegranet-flowers the like quantity, two shall thin sliced: boil them in three quarters of a pint of red Wine, and half a pint of Water, untill a third part be consumed; strain them, and hold a spoonful at a time in your Mouth, and lay a hot cloth to your cheek dipped in the liquid part, &c.

A Water for the Ulceration of the Throat.

Take Water wherein Iron has been often enched, a quart of Rose-water, four ounces of Pomegranate-piles and flowers, of each three drams; of Plantane and Housleek, each an ounce and a half; of Honey of Ro-

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les, Turpentine, each half a pound; All
six ounces, white Copporas three drams; bo
them till half be consumed, then add V
digreace three ounces; strain them, and ge
ly boyl them again, then letting them set
take the thin and rarify'd part, and inject
with a Syring, anointing the place griev
with the other part.

An Oyntment to cleanse Sores either old or new

Take two ounces of Turpentine, wash
well in Barly-water, put it to the yolks
six new-laid Eggs, Honey of Roses, or co
mon Honey four ounces: mingle them w
over a gentle fire till they become an Oi
ment, and then dip the Tents or Pledgets
it, and apply them.

Flos Unguentorum; How to make it.

Take Rosin, Perrosin, of each half a Poun
Virgin-wax, Frankincense, of each four ou
ces; Mastick half an ounce; Stags-Suet, fo
ounces; Camphire two drams: pound, a
melt them over a gentle fire, then strain the
into a pottle of White-wine, and when it
luke-warm, put thereto three ounces of T
pentine, stirring it till it be cold, and th
put it up for your use.

*It is exceeding good for old Wounds, in order
the ingendring good flesh, and cleansing the
wasting likewise the bad flesh, and is good
all manner of Imposthumes in the Head,
in the Body; also for strains in the Siner*

Physical and Chirurgical Receipts, &c.

It draweth out Thorns or Splinters of Bones; it bealeth Botches and Scabs, and is good for the Noli me Tangere; and is an excellent Cerecloth for the Gout, Sciatica, or Aches in any part of the Body.

For a Scald, or any Burn, an excellent Ointment.

Take of Cream a quart, Fern-roots a handfull: slice and wash the Roots, and then boil them in the Cream in an Earthen pot till they are soft; and at what time there is an occasion to use it, ferment it with a Spatula, and apply it on a Linnen cloath, often renewing

An Oyntment to assuage Pain, and Heat.

Take of white Carrot four ounces, Oyl of Roses ten ounces, red and white Saunders, red Roses, Myrrh, Olibanum and Mastick, of each two drams; Camphire half a dram, Turpentine two ounces and a half, and make of them into an Unguent.

A Tobacco-Salve for any fresh Wound.

Take of the Juyce of green English Tobacco a quart, of Olive-oyl a pint, of Wax and Turpentine, each an ounce and half; an ounce of Verdigrease: boyl them over a gentle fire for an hour's space, and make them up in Rolls for your use.

Note, That the best Cloath for Plaister is new Lockram, and the worst Calico or such Cloath as has been starched.

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*For the shrinking of the Nerves or Sinews,
Plaster.*

Take of Water-crelles and Cammomil each a handful; stamp them and fry them with a handful of Wheaten-meal, and two ounces of Honey; then spread them on a cloath, and apply them to the place as long as may be well endured.

A Dredge Powder, that purgeth Choler, Flegm, and Melancholy.

Take of Turbith one ounce, Ginger, Cinnamon, Mastick, Gallengale, grains of Paradise, Cloves, Anniseeds, the Herb called *Mercury's Finger* and *Diagridium*, of each half an ounce: the leaves of Sena two ounces Loaf-Sugar four ounces; dry them that they may be pulverized, and mingling them well take a dram in a Morning fasting, either in a Glas of White-wine or warm Ale.

A Powder to purge the Head by Sneezing.

Take of the Roots of Sneezing-wort Bartram an ounce, *Castorum* half an ounce, white Hellebore and black Hellebore, each an ounce, Marjoram a handful: dry them and make them into a Powder, using the Powder moderately as you see occasion.

An excellent Powder for the Falling-Sickness.

Take a Man's Skull that has not been above a year Buried: Bury it in hot Embers till it become white, and easie to be broken: then

Take off the uppermost part of the head to the top of the Crown, and beat it into powder; then grate a Nutmeg, and put it to it, with two ounces of the Blood of a Dog dried and powdered; mingle it together, and give the grieved Party a dram Morning and Evening in whitewine or new Milk.

An excellent Powder for hollow Ulcers.

Take Frankincense, Mastick, Myrrh, Sarcocol, Bole-armorick, Dragons blood and Cary-meal, of each an ounce: make them into a powder, and sprinkle a little of it in the Ulcer, &c. and bind it up; which often doing, will fill it with flesh.

A Powder to Incarnate any Wound.

Take of Hog-Fennel half an ounce, Flow. delize five drams, Myrrh, three grains, the greater and the lesser Centaury, of each two drams: Round *Aristolocia*, *Tussia*, *Oppos.*, Meal of *Orobun*, each two drams and a half: beat them into fine powder, and strew upon the wound as you see occasion.

A Powder to stay the bleeding of Wounds.

Take Quick-Lime, Dragons-blood, Aloes, Frankincense, Copporas, of each four drams: incorporate them, and being finely powdered with Cobwebs, and the white of an Egg; apply the Powder by sprinkling it in the wound.

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An excellent Poultice for any Ach, Sprain, Dislocation.

Take of Smallage, or Marshmallows, Comfite and Groundfil, each a handfull well picked: stamp them and fry them in six ounces of Barrows-grease, with the yolks of two Eggs, and apply them as hot as may be well endured to the place grieved.

An excellent Powder in case of the Small Pox, or any infectious Distemper.

Take a half an ounce of English Saffron dry it till it may be pulverized, add to it six grains of Bezoar stone, a dram of Myrrour and an ounce of white Sugar-candy: incorporate them, and let the party take a dram at a time in White-wine, not exceeding a spoonfull.

A Preservative against the Plague, or any Pestilence.

Take green Walnuts, number six: Balaustines and Rue, of each a handfull; Plantane and Bettony the like quantity: bruise them with fine Sugar and Spirit of Wine, then dry the whole matter in an Oven or Stove till it becomes as solid as Conserve of Roses, and let the Party take fasting as much as a Hazelnut.

For the Consumption. An excellent Receipt.

Take the hearts of three Sheep new killed and cleansed from the blood and strings: for

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them a Night and a Day in White-wine, dry them, again, and put them into a new Glazed Pipkin, covering them above and below with Rose-mary branches: then add cloves, Sugar, Harts-horn, of each three ounces, and four ounces of White Sugar-wine, and as much Asses Milk as will cover them; then stop them close with Paste, and let them stand in an Oven the Baking of Household bread; after that press out the liquid part, and take a spoonfull Morning and Evening.

An excellent Drink for the Windiness in the Stomach or Spleen.

Take a handful of Broom-buds, the like quantity of Anniseeds; of the Roots of Scarcous an ounce: boil them in a quart of new Ale; sweeten the liquid part with brown sugar, and drink half a quartern hot at a time Morning and Evening, or when you find your self oppressed; and in so continuing it for a week, you will find great relief.

The Lord Denise's Medicine for the Gout.

Take four handfuls of Burdock-leaves, with the stalks on, shread them and bruise them: strain out the Juyce and clarify it, adding half the quantity of Olive-oyl, and keep it close stopped in a Glass; and as you need it, apply it with a hot cloath to the place so relieved.

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To make Gascoign Powder.

Take of white Amber-Seed, Pearls, Hart Horn, Eyes of Crabs and white Coral each half an ounce; of the black Thighs Crabs, calcined before they are boyled, two ounces; adding to every ounce before-mentioned, an ounce of Oriental Bezoar: bruise and searce them to a fine Powder, and it is excellent, two scruples of it drunk in a spoonful of Wine, to expell evil Vapours from the Brain, to comfort and corroborate the Heart, and restore a decaying Constitution: and for the better keeping, you may make it into Lozenges, with the Jelly of Hart-horn and Saffron.

For the Dropsie.

Take Setwell, *Calamus aromaticus* and Galingale, of each an ounce; of Spikenard half an ounce: bruise them, and hanging it in a bag, let them be covered with two gallons of Ale, the which at four days end let the Party drink Morning and Evening,

An Excellent Water for Diseases in the Eyes.

Take half a pint of White-wine, and much of white Rose-water; of the water of Celendine, Rue, Eye-bright and Fennel each two ounces; of prepared *Tuttia* six ounces: of Cloves as many; of Sugar-Rosate a dram: mix them over a soft fire, and being clarified, wash your eyes therewith as you have occasion.

To break the Wind.

Take the juyce of red Fennel and Anni-
sed in warm Ale.

To prevent spitting Blood.

Take Rue, Smallage, Mint and Bettony ;
oyle them in new Milk, and drink the liquid
it as hot as you can.

To stay Bleeding at the Nose.

Take the Juyce of Bettony, with a small
quantity of Salt in it, and snuff it up your
nose, and stop it in with the Herb, the juyce
of young Nettles; and Sugar is also good up-
on the like occasion.

To kill a Fellon.

Take the hard Roasted yolk of an Egg,
and beating it with a Roasted Onion, lay it
on the place grieved.

*To make Salve for a Scald, Burn, Cut or
old Sore.*

Take a pint of Olive-oyle, half a pound of
Bees-wax, red Lead three ounces, red Wine
two ounces, and Deers-Suet three ounces ;
oil them together in a glazed earthen vessel
till they are of a darkish colour, and then
make it up into a Salve for your use.

To remove the Pain of the Tooth-ach.

Take Henbane Seed, Hysop-seed, and the
powder of the Root of black Helebores :
mingle them together, and make them up in
small pellers with a little Tar or Turpen-
tine :

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tine: If the Tooth be hollow, stop it in Lint; if not, let it lie between your Cl and Gum.

For the Fever.

Take two handfuls of Wood-sorrel, like of the Leaves of Barberries, boil them in Spring-water, sweeten it with Sugar, and give the party two scruples of Bezoar-powder a quarter of a pint of it, and it wonderfully prevails against the Distemper.

C H A P. X.

The Wet Nurse her Duty and Office; and how she ought to be qualified that undertakes so great a Charge, with directions how she ought to regulate her self as to her Diet; and by what means to keep her Milk in good temper, &c.

THE Charge and Office of a Wet Nurse, whose care it is to bring up Children till a conveniency offer to wean them, is a thing of great concern, therefore I shall first describe what manner of Person a good Nurse ought to be.

In this Case, a good Nurse ought to be of a middle Stature, plump of Body, though not over Corpulent; of a sanguine Complexion

in her, pleasant and cheerful, clear skinn'd
well proportioned.

For her Conditions they must be suitable;
her must be a stranger to her, and her de-
rel, naturally in Children; not drowfie nor
the conceited; her Age must be a *Medium*,
nd between five and twenty and forty, being
wde that has been well educated; and see she
der for nothing; for if she be necessitated,
Child must pine; or if Sickness happen
ough accident or disorder, her Milk is
ured thereby: Yet Temperance must be
greatest care, for fear by excess of meat
drink the Milk be corrupted or inflamed;
in all things her care of her charge must
her Prudence appear. Take a Woman
g whose Child was a Boy, to Nurse one of that
bt and, and on the other side the contrary,
t m considering she ought not to be with Child
ring the discharge of this great Office,
the spoil both her Nursery, and that she
Nes with.

A Nurse in this case ought in her Diet to
n, avoid Salt Meats, Onions, Garlick, Leeks,
shall mustard, too much Salt, Vinegar or Pep-
a g, and such like things as create bad nu-
ment, or inflame and heat the blood, strong
o bink immoderately must be shunned, for
tho it will occasion a super-abounding of Cho-
om in the Child, as Cheese and Fish will
Melan-

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Melancholy and Flegm: nor ought she sleep suddenly after Meals, but be active in motion, to create a natural digestion. good Air ought to be chosen for the kindly respiration; for a gross Air is frequently the occasion of dull Wit and corpulency, and a pure thin Air of the contrary, the Air on many occasions being advantageous or disadvantageous to the faculties of Life, or passions of the Mind in several operations, it being a kind of a food to the Intellectuals.

As for the Milk, divers things are to be considered, but the chief is wholesome and moderate Diet; and to correct defects, let her observe if her Milk be too hot, which appears by the Childs frowardness; if so the Nurse take in her Posset-drink Salads, Pottage, Endive, Succory, Lettice, Spinage, Plantane, or such like cooling Herbs: if she find it too cold, which will appear by the Childs over-drowsiness let her do the same with Cinnamon, Vervine, Bugloss, Marjoram, of Thyme or Burrage.

To cause Milk where it is wanting, take part of the Hoof of the fore foot of a Cow calcined to Powder; a dram of which the Nurse drink Morning and Evening with warm Cows milk or Ale.

For want of the former, Take Lady-thistle,
squeeze out the juyce; which
in Milk, an ounce to a pint you may
conveniently take, drinking it off warm, And
being careful in seasonably ordering the
child in dressing, and undressing, and what in
like nature is convenient, no doubt it
will thrive and come to perfection.

The best Colour of a Child when new-
born is red, which soon turns to a Rosey;
those that are white, if they live, will be
subject to Diseases. A little crying, if not too
much, eases the Brain of watry matter, and
enlarges the Lungs; but too much crying oc-
casiones Catarrhs and Ruptures. The first
month it must only suck, often changing the
nurse, but not over-charging its stomach; af-
ter which a nap of white bread and Milk sea-
sonably given between whiles, will strength-
en it; and let there be an hour between
sucking and feeding, using it in that manner
till the Teeth come.

The Teeth coming forth by degrees, give
more solid food, not denying it Meat that
is small cut, and may be easily chewed; keep
it well swathed, and beware it stand not too
long for fear of distorting the Legs. In such
cases as bathing of Children is convenient,
it is not, from the seventh Month, twice
a week, till it is weaned.

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At a Twelvemonth old, if it be hea-
weat it; not giving it suddenly strong
but by degrees; and the first seven year
it ought to be such, as by its nourish-
causeth growth.

C H A P. XI.

*Of Distempers in Infants; and how to Re-
medy them; together with Directions to the
Nursery-Maid in the discharging her Duty and
Office, &c.*

For the Epilepsie or Convulsion.

TAke Majesty of Cole a scruple, of M-
Plony-roots a scruple, and as m-
Leaf-Gold; work them into a Powder,
give it the Child in a Spoonful of Br-
Milk.

For the Chafing of the Hips.

Change the Clouts often, sprinkling
them Latherage of Silver, Seed and Dew-
Roses; Frankincense and burnt Allom-
into a Powder, or anoint them with
Ointment and Diapompholigos.

To remove the stoppage of Urine.

Take Saxifrage-roots, six drams, Cal-
them with an ounce of the Blood of an H-

Use them into a Powder, and give the Child from a scruple to half a dram in a Spoonfull of White-wine.

For the strutting of the Navel.

Use a Plaister or Poultis of Cummin; Linseed, and Bay-berrys beaten into Powder, and wet with White wine.

For the Inflammation of the Navel.

Take a quarter of a handful of Mallows, mix them with half an ounce of Barley-meal, and with Fenugreek and Lupins, two Spoonfulls of each: make them into a Cataplasme with Oyl of Roses, and apply them to the Navel griev'd.

To destroy Worms.

Take of Worm seed two drams, and of Marsh-malline and Harts-horn prepared, each a dram; Roots of Piony, Dittany, Majestick, and Coral, each a scruple: make them into Powder, and give a scruple at a time in a Spoonfull of Peach-flower-water.

For Vomiting.

Take a quarter of an ounce of Honey of Marsh-mallows, and the like quantity of Symplic, and give it the Child at four times.

For the Rickets.

Take Mastick an ounce, Dill and Frankincense, of each two drams; Cumminseed a dram: make them small and apply them with the

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the juice of Mint upon a Plaister or sod
Flax.

For hard breeding of Teeth.

Rub the Gums with your Finger dipped
Honey, or give the Child Candle made
Virgin Wax to nabble on, and foment
cheeks with the decoction of *Albhaa*, Cam
mil flowers, and the seed of Dill.

For the Bladder in the Gums.

Take Lentils husked, beat them into Po
der, and lay them upon the Gums, or
half an ounce of the Flower of Mell
make it into a Lineament and apply it.

To prevent Squint-Eyes.

Hang a Picture and set a Candle on
contrary side; or use to cocker the Infant
that side, till the Eye-strings contract.

For a Scald Head.

Take the Scab off gently with a clean
moistning the skin with Hogs-grease or
Colewart-leaves; or rather take the juice
Fumitory, Dock, Coleworts and Elec
pane, of each half an ounce, with Li
rage, Oyl of Rue, Hogs-grease and V
make a mollifying Oyntment: then
Starch two ounces, Rosin half an ounce
boil them in water, and lay them upon
Scald places poultis-wise, suffering them
lye there several days: then suddenly
them off, and use mollifying things to
rest the Distemder, &c.

In case of a Fever.

Give the Infant a quarter of an ounce of
Juy of Violets, and as much of that of
Wood-forrel, for the Measles or Small-Pox;
add to them Saffron, and a small quantity of
Manna in Milk, or a spoonful of White-
Cane. And thus much for the principal Di-
tempers in Children.

As for the Nursery-Maids business, to
whose care Children are frequently commit-
ted, when capable of running about, it is to
love and cherish them, to see they have
that is fitting in due season, to keep them
within compass and Government, to see
they carry their Legs and Bodies straight and
even, and that they disorder themselves by
untoward tricks and actions, but that they
be cleanly and neat; and if she discovers a
alteration in complexion, constitution,
habit of body, tending to sickness or o-
r discomfort, either to apply fit re-
medies her self, or inform those of it who
delivered them to her Charge without delay,
and that a Remedy come too late. She is to keep
them within bounds, but not be churlish nor
rough to them, but rather to be merry and
cheerful; contriving such Pastimes as may
best suit with their age and constitutions;
keeping their apparel in good order, and
not shewing too much love to one, nor dis-

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regard to the other; and by this mean
Maid will gain Love and Applause from
Parties.

CHAP XII.

*The Compleat Chamber-Maids profitable Instru-
on as to her Behaviour in Managing of
fairs, making choice Spoon-meats, Pickle
Sauces, Washing and Starching Tiffany, La-
Sarsnets, Silks, Points, &c. Scouring
and Silver Lace, taking Spots out of S
Woollen, Linen, Stuffs, Perfuming, &c.*

A Chamber-Maid that would be pre-
red, gain or continue a good opinio
must, in the first place, be grave and
spectful to those whom she Serves, neat
her Habit, loving to her Fellow-servant,
affable to all, declining wanton gestures
may render her suspected of Levity;
she keep all things in her Chamber in g
order, and have them in readlness on all
casions to take off the care of the Mistr
Skilled likewise she must, or ought to be,
buying fine knacks, and be just in return
her Accounts: If there be no Butler,
must see all things decently managed for

accommodation of the Guests in the Parlor and Dining-Room; and above all, have a regard to the Linen, Plate, and other Furniture under her Command: and besides her skill in Dressing and Attiring her Mistress, be skilful in making spoon-meats, Pickling things useful for Sawces, or Garnishing, Washing and Starching Tiffanies, Lawns, black and white Sarfnet, Points, and other curious Lace: As likewise she ought to be skilful in making such scowring Materials as will cleanse Silver or Gold Lace, Silver or Gold Plate, take Spots out of Linen, Silks, Stuffs, Cloath. And because these are in a manner Secrets, I shall lay down instructions for many as are materially useful: And first Spoon-meats.

To make a French-Barley-pusset, the newest Fashion.

Boyl half a pound of *French* Barley in two parts of new Milk; and when the Milk is far boiled away, add three pints of sweet cream, then boil it a quarter of an hour, and sweeten it with fine Sugar: put in three or four blades of Mace and a piece of Cinamon: this done, take a pint of White-wine, and pour the liquid Cream into it, bathing it up.

To make an excellent Broth.

Cut off the Wings and Legs of two Cocks,

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wash and parboil them till the scum appear, take them out, and wash them in cold water then with a Pint of Rhenish-Wine, and three quarts of strong broth, put them into a Pipkin; add two ounces of China Root, one ounce and a half of Harts-horn, with a small quantity of Cloves, Nutmegs, Ginger, white Pepper and Salt: stop the Pipkin close, and setting it in a pot of boiling water, so that the water get not into it, for the space of three hours; then pour out the Broth, and squeeze the juice of Lemons into it, and serve it up.

To make Pottage of French Barley.

Take a pound of Barley very clean, put it into three quarts of Milk whilst boiling, then add a quart of Cream, an ounce of Saffron, six blades of Mace, and a piece of Cinnamon; let them boil a little, and become thick, then serve it up with white Sugar scraped thereon.

To make Panado, after the best Fashion.

Take a quart of Spring-water, which being hot on the fire, put into it slices of French Bread, as thin as may be; then add half a pound of Currans, a quarter of an ounce of Mace; boil them well, and then season them with Rose-water and fine Sugar, and serve them up.

To make an Excellent White-pot.

Take two quarts of Cream, boyl in a short time, half an ounce of Mace

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piece of Cinnamon, and half a Nutmeg; then cut a white Penny-Loaf exceeding thin, then lay the slices at the bottom of a Dish, and cover them with Marrow: add likewise a dozen yolks of Eggs to the Cream, well beaten in Rose-water, and sweeten it with a sufficient quantity of Sugar: then take out the Spices, beat up the Cream well, and fill a broad Bason in which the Bread, Raisins and Marrow was laid, and bake it; when it is enough, scrape white Sugar on it, and serve it up.

All strengthening Jellies are made by boiling such Flesh as are of a tender and glutinous substance, till it is in a manner dissolved in the Broth; and adding Wine, Sugar, Spice, Salt, or as you will have it seasoned, and serving it up with Sippits, or alone. More I might mention of this kind; but intending largely to treat of *Cookery*, I shall leave them, and proceed to the next, which is *Pickling Fruits and Flowers, &c.*

To Pickle Cucumbers of a lasting green.

Take your Cucumbers, of a moderate size, wash them in water and Salt, there letting them steep six hours; then boiling Wine-Vinegar, Dill and Fennel-tops, Coriander-seeds, Cloves and Mace, with a little Bay-salt, and a pint of the juice of Mint, put them into it when warm, and stop them up for a Month.

To make French Beans a lasting Green.

Boil them in Water, and a small quantity of Salt, till they are a little soft; then have sharp Vinegar, Pepper and Bay-leaves ready boiled, with some blades of Cinnamon, put them into it, and stop them up as the former. Thus Broom-buds, Ash-keys, green Grapes, green Plumbs, Goose-berries, Currans, &c. the like, may be Pickled, though the last must be only scalded.

To Pickle Barberries.

Take the fairest Bunches, dip them in warm water, and then make a Pickle with a Pint of sharp Vinegar to a Gallon of Water that has been well boiled and scummed; and to each gallon add a quart of Bay or Spanish Salt; and putting in the Barberries, lay them down with a stone. So Quinces, Apples, green Walnuts and Olives are Pickled.

To Pickle Mushrooms.

Take a quart of Water, and a pint of Vinegar; put your Mushrooms, the smallest, in boiling-hot into it: and when they have contracted a kind of softness, take them out, and put them to the sharpest Vinegar, with whole Pepper, long Ginger, Mace and Bay-leaves. And thus you may pickle Clove-Gilliflowers, Prim-roses, Roses, Cowslips, green Peaches, or the like.

As for Samphire, it is boyled in Salt and Water to a little tenderness, and then put up in a Pickle made of half Vinegar, and half Water and Salt, boiled up to a height. and thus much for Pickles.

To Wash Tiffanies.

Take the finest Crown-Soap; Soap them their Hems or Laces, and with a gentle hand pass them through three Lathers, forbearing to wring or rince them, but keeping them from the Air; dry them over the flame of Brimstone: then to a pound of Arch, add a quarter of an ounce of Smalt, Wash you think convenient, but on necessity as much Allom as a Hazle-nut; boil it to a fine-ness, and charge it lightly on your Tiffanies, and dry them, being wet therewith, by a fire, still clapping them in your hands: and when they are very clear, shape them by the pattern you took before they were washed, and iron them with a smooth, though thick Iron, till they shine, and you will find little difference as to the gloss between them and new. Some there are, that instead of Arch, use Gum-water.

to wash Sarfnet.

If white, spread it upon a smooth clean board long-ways; Soap it well, but let the soap lie thin; then with a small hard Brush use a gentle Lather, by brushing it the right

way of the Silk; and turning it in order, the other side in the same manner, cleanse it with fair water, and make a Lather hot, and renew it three times turning; then cast the piece into hot water where Gum has been dissolved, and a small quantity of Smalt infused; let it lie there covered a convenient time; then folding smooth, dry it as well as you can by wiping it between your hands, then dry over Brimstone; and spreading it on the table, Iron it with a hot Iron on the right side.

Black Sarfnets, in washing, are managed the same way, only they are rinsed generally in small Beer, without any Gum, and ironed on a Woollen cloth.

The Modish way to Wash and Starch Point-Laces.

Put your Points into a Tent, and make a strong Lather with Castle or Cake-Soap, then with a small soft Brush dipped therein, wash your Point well, continuing to wash it on both sides till it has passed four Lathers; then rinse it in fair water, and afterwards pass it gently through the blue water; then starch it over on the wrong side lightly with very thin Starch, and follow it with your Brush; after that suffer it to dry, and with a round Bodkin open the holes or parts that in washing were closed; as also the Gimp.

Over-laying, and not suffering it to be too blue, gently iron it on the wrong side, and it out to advantage.

Coloured Silks may be washed as white as snow; avoiding the blue water or drying over Brimstone.

Take a Spot or Stain out of Silks, Worsted, or Woollen.

Take two ounces of Castle-Soap, half an ounce of Bone calcined, half an ounce of Camphire: make them up into little Balls with the water of Betony, and lather the place with a small quantity of warm Vinegar, and it will effect your desire. Cake-Soap, Lemon-juice, and Roach-Allom, will do the same.

Take Pitch, Rosin, or Tar, or soft Wax, out of Stuffs or Woollen.

Take Oyl of Turpentine, and suffer it to stand in a while; then rub the Gloath or Stuff together, and it will crumble out.

Take the Stain of Fruit, Ink, or the like, out of Linen.

Take Castle-Soap, boil it to a Jelly in Milk; lay it upon the Spot a night, then pour upon it the juice of a Lemon: and in doing so, after a washing or two, the Spot will disappear.

To cleanse Silver or Gold Lace.

Take it off, and dipping a Brush continually

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ally in burnt-Allom, rub it gently over,
the Colour will be restored.

An excellent way to perfume Gloves.

Take of Storax and Calamint, each
ounce, of Benjamin two ounces, the
and the last being to be beaten by the
selves; add to them an ounce of the we
Cinnamon-water, and four ounces of the O
of Sweet Almonds; mingle them with
Muller on a Stone; and having first we
your Gloves with Hyssop-water, gently
noint them with the Perfume, and it w
smell beyond expectation.

To cleanse all sorts of Plates.

Lay it in Soap-Lees a night, then w
Salt and Vinegar rub out the Spots, a
daub it over with Chalk and Vinegar
it by the Fire, and with a warm wool
Cloath rub it off, and it will look as bri
as new. Thus have I unravell'd, or at least
posed to some such Secrets as are not co
mon: From whence I shall proceed to g
the Vertuous Cook-Maid Instructions.

C H A P. XIII.

The Experienced Cook-Maid and Cook, or Directions for the newest and most excellent way of Dressing Flesh, Fish, and Fowl of all sorts, and in divers manners: As also making Pyes, Tarts or Custards: likewise what relates to the under Cook-Maid and Scullery-Maid; with other variety.

Since the Cook-Maids Charge and Care is no less than the former, and her Labour more, I shall give her what encouragement I can in rendering matters plain and easy. As for her skill, it must chiefly consist in dressing all sorts of Meat, as Flesh, Fish and Fowl, in preparing of Baked Meats and Puddings, and to be expert in making Sawces, and Garnishing proper to the several Varieties that must consequently offer. And therefore, these things I shall consider: She in the first place, considering to have all her Kitchen-Materials in good order.

A Capon or Chickens, and white-Broath.
Boil the Capon, &c. in water and salt, then take three pints of the strongest broath, adding to it a quart of White-wine, and a quarter of a pound of Dates: stew it in a pipkin, and add half a pound of white Sugar,

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gar, and a small quantity of Mace,
Marrow of three Marrow-Bones, and
white Endive a handful; stew them leise-
ly, and strain the yolks of ten Eggs with
of the Broath before the Capons or Chick-
are Dished up, observing that the Eggs
dle not; the Fowls being Dished up,
nish the Dish with Dates, Mace, Endive
and Preserved Barberries.

Red or Fallow Dear, how to Roast.

Take a Side, or half the Haunch, and
parboil it; so doing, stuff it with all man-
ner of sweet Herbs mingled with minc'd Be-
Suet; lay the Caul over, and roast it in the
manner; when it is enough, serve it
with Vinegar, Bread, Claret-wine, Ginger
and Cloves, boiled up with a few sprigs
Rosemary.

Neats-Tongues Roasted.

Take a large Tongue boiled tender, bla-
ched and cold; make a hole at the lar-
end, and take out a great part of the Me-
mince it, and put it in again with sweet
Herbs, hard yolks of Eggs, Pippins, Gin-
ger, Beef-Suet, all minced small, and stop
the hole with a Caul of Veal: Lard it, and
being roasted, serve it up with Butter, Gar-
vy, and Juyce of Oranges; garnishing the
Dish with Barberries, and slices of Lemon.

Neats-Tongue and Udder, how to boil.

Let both of these be fair and young, indifferently seasoned: boil them in water, a little seasoned with Salt and Pepper; and when you find they are sufficiently done, lanch the Tongue, slice it in half, lay it on each side the Udder, serve them up with carved Sippits, run over with Butter and Vinegar; garnish your Dish with Parsley, Barberries, and Marigold Leaves.

How to boil Land or Sea-Fowl.

Take the larger sort, half roast them, put them after that into a Pipkin with Claret-wine, the Gravy, and as much strong Broth will cover them; and Pepper, Cloves, Mace, Ginger, a slice or two of Onion, and a little Salt: all being well stewed together, serve them up with Sippits and green Garnish, as Violet or Marigold leaves, &c.

The smaller sort of Wild-Fowl, as Black-birds, Plovers, Quails, Rails, Thrushes, Snites, &c. cut off the Heads and Legs, truss and boil them; scum your Boyler, and add White-wine, Currans, Dates, Marrow, Pepper and Salt; being all well boyled or stewed, dish them on carved Sippits; Sawce them with Rose-water, Sugar and beaten Almonds; garnish the dish with Almonds beaten small, Rose-water and Sugar.

To Roast a Hare.

Observe when she is cased, not to cut off her

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her hinder Legs nor Ears, but thrust one through the Ham of the other, and make a slit, do the like by the Ears, and so Roast her as you do a Rabbit. The proper Sauce is Marjoram, Thyme, Winter-favory, Bees Suet, hard yolks of Eggs, Sweet-Butter, Sugar, Nutmeg, Water and Vinegar; mingle and boiled up to a Sauce, serving your Ham up whole.

To Roast a Shoulder of Mutton the best way.

Take Oysters parboiled, mince Winter-favory, the yolks of hard Eggs, grated Bread mingle them together, all but the Oysters being small; and then making holes in convenient places, stuff them in as you see convenient, about five or six and twenty Oysters being sufficient, and the other Oysters, with the like ingredients, put into half a pint of Claret; add three or four slices of Onion and a couple of Anchovies; to them put Gravy, with the yolks of two beaten Eggs and a sufficient quantity of Nutmeg and Sweet Butter: garnish your Dish with Lemon peel and Barberries.

To boil Pigeons with Rice.

Observe to stuff their Bellies with sweet Herbs, then put them into your Boiler with Mutton-Broth; boil a small quantity of Rice in Cream, with a blade or two of Mace which being seasoned with Sugar, lay them in the Dish with their Breasts upward,

Put it thick upon them; squeeze in the juice of two Lemons: garnish the Dish with Marigold flowers, and serve it up.

To Roast an Udder.

First let the Udder be boiled, and stuck all of Cloves; Spit it when cold, and baste with sweet Butter, being sufficiently browned, draw it back; make Sawce of grated Bread, Butter, Vinegar, and Cinnamon, lay it in the Dish with Sugar as a garnishment, and serve it up.

To Stew a Carp.

Take the largest well-trimmed Carp, gut and wash it, and lay it in a Pewter dish; take half a pint of White-wine, with a piece of Butter, Mace, Parsley, Thyme, and Winter-hyory minced small; put them into the Fish-Belly, and let it stew a quarter of an hour: since then the hard yolks of two Eggs; lay with the Herbs about it, and sprinkling on Sugar, serve it up.

To bake Steaks in the French Fashion.

With Pepper, Nutmeg and Salt, season your Steaks lightly; take the lean part of a Leg of Mutton, mince it small, with some Beef Suet and Sweet-herbs, as Thyme, Penny-royal and Marjoram; take grated Bread, Yolks of Eggs, Raisins of the Sun, of each a like quantity: work them into Rolls and put them on the Steaks in a deep round Pye, sprinkle them with Verjuice, and close them

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up, liquoring it with the juice of two
three Oranges.

To boyl a Fore-Loin of Pork the best way.

Season it indifferently, and boil it well
then have in readines, Sorrel stripped, a con-
siderable quantity, beat it, and put to it some
crumbs of Bread and hard yolks of Eggs
with Mustard and Salt, and so serve it
the Dish being garnished with green Leaves.

To dress a Leg of Mutton to the best advantage.

In Salt and water boil it for the space
an hour, then cut it into thin slices, set it
a dish over the fire, adding a little Salt, gr-
ated Nutmeg, Shalot, Thyme and Winter
savory, placing another dish upon it, and
stewing it; adding a piece of Butter, serve
up, the dish garnished with pickled Oysters
and Barberries.

*To boil a Brisket, Surloin, Chine, Rump, Flank
Fillet or Buttock of Beef, to the best advantage.*

After a week or ten days Powdering, it
left to your discretion, whether or not you
will stuff them; which if you do, it must be
done with such sweet Herbs as are suitable
mingling minced Suet and Nutmeg with
and thrust them in at convenient places; and
being well boiled, serve them in on Bread
with Roots boiled in Milk.

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To Stew a Leg of Lamb the best way.

Take the Mear, slice it and put it into your stewing-pan, season it well with Salt and Nutmeg, and Butter, Raisins of the Sun, Currans and Goose-berries, it being well stewed, take the yolks of four Eggs, a quart of a pint of Wine-vinegar, two ounces of Sugar, beat them well together over a gentle fire, place it in the Sawce, strew Sugar over it, and serve it up.

A Rump of Beef to Stew the best way.

Let your Beef be seasoned with Salt, Pepper and Nutmeg, lay the fat side downward in an Earthen pan, then put in an equal portion of Water and Elder-Vinegar, to the quantity of three quarts; add two Onions, and half a handful of the tops of Rosemary, and stewing it three hours over a soft fire, take it up, and dish it with Sippits, garnishing with Lemon-peel, and Sawcing with the Gravy, the fat being scummed off.

To Bake a Hare the best way.

Take a large Hare minced, and well seasoned with beaten Mace, Salt and Pepper, making a proportion of the Head and Shoulders, and lay in a layer of flesh, and Lard and Butter above and beneath, and serve it up with Gallantine sawce, in Sawcers.

To Roast a Rabbit with Oysters, the best way.

Take a large fat Rabbit, wash it and dry it then

then half a pint of Oysters after the same manner: put them into the belly of the Rabbit, with a couple of shread Onions, half a pound of Mace, whole Pepper, and sprigs of Thyme; sew 'em up; and when the Rabbit is Roasted, mince them with Butter, and the yolks of hard Eggs, and dish the Rabbit up; garnishing the dish with red Beet roots and Orange-peel.

To Carbonado Hens or Pullets, the best way.

Take half a dozen of hard yolks of Eggs, half a pint of White-wine, and the Gravy; mince the Eggs, and boil them up with Onion, or some Shalots; add grated Nutmeg with a Ladle or two full of drawn Butter; dish your Fowls, pour the Sawce on them, garnishing your dish with Lemon-peel and Violet-leaves.

To set off a dish of Marrow, &c.

Take a pound of fine Paste, rowl it very thin, and the Marrow taken hole out of fowls bones, cleave it in quarters, season it with Pepper, Salt, and Dates, all minced, lay one piece in your Paste, framing it Pease-cowse wise, and so use the rest: then fry them in Butter and Sugar, and serve them up, garnished with Borage-flowers.

To stew a Pheasant, the best fashion or way.

Take a large Pheasant, Roast him till he is enough, then boyl him gently in Mutton

bro

th, adding whole Pepper, Mace, a slice
two of an Onion, Prunes, Currans and
Vinegar, sufficient to make it sharp; then co-
ok the Broth with bruised Prunes, and serve
the Pheasant in it.

To Carbonado Mutton, the best way.

Broil a Breast or Shoulder of Mutton,
scorching it with your knife, strow on them
minced Thyme, grated Nutmeg, and a little
salt with Claret-wine Capers, Gravy and
Thread Shalot, garnishing with a Lemon-
cel.

To Roast a Pig.

Take a fat one, cleanse his Belly, put in-
to it minced Sage, Currans, Mace, and gra-
ted Nutmeg: roast him indifferently by a
smoking fire, then make up a brisk fire to
crackle him, and serve him up with Currans,
Bread, Sage, Butter and Nutmeg, made in-
to a thin Sawce, with Rose-water.

To Stew Venison, the best way.

Take fat Venison, either raw or potted,
dice it and put it into your Stewing pan,
with Claret-wine, Rosemary tops, Cloves,
Sugar, Vinegar, and grated Bread: being
well stewed, add grated Nutmeg, and serve
up, garnished with Luke-Olives.

To make a Fricasie of Chickens, the best way.

Take four or five Chickens about two
Months old, scald, and flea them, but them
in

in Water and White-wine, then take a
Onion, ten or twelve blades of Mace,
the quantity of a Nutmeg grated: tye the
up in a Cloath, with a bundle of sweet
and Salt; put them into an Earthen
and let them simmer a while, then take
or four Anchoves, five or six Eggs, half
pound of the best Butter dissolved in a
of Mutton broth: shread the Spices
with a quarter of a pound of Capers:
them with the other Sawce, and laying
Chickens upon it, serve them up with
pits, garnished with sliced Lemon. Thus
may dress or dish up Partridges or Pigeons
with only the abatement of the Eggs.

The newest way to boyl a Wild-Duck.

The Duck being half roasted take her
the Spit, put her into a pan with a pint
Claret, and as much Mutton broth: three
Onions cut, and a bundle of sweet-herbs
three or four slices of Bacon, and some whole
Pepper: cover the Pan with another; and
when it is stewed or boyled sufficiently, serve
it up with the Broth.

To Bake a Pig the best way.

Take a Pig and dress him well as for roasting;
ing; mould him up in a Coffin of Clay, be-
tered a little within: put him into an Oven
eight hours, so that the Clay being dry
the Pig will be very crisp, then serve him
with sawce as for roasting.

Boil a Pullet, Capon, or Chicken, the best way.
Truss them, and put them into Mutton-
broth, with Mice, Spinnage and Endive, Ma-
rion flowers, Bugloss, Borage, Sorrel and
Sage: and when they are enough, garnish
the dish with Borage and Marigold-flowers,
and serve them up in Sippits.

Boil a Capon, or a Chicken with Sugar-Pease.
Take the Pease when young, and dry 'em
in the Cods, taking them from thence to the
quantity of two or three handfuls, put them
in an Earthen Vessel, with about half a
pound of fresh Butter, and near half a pint
of fair water, add whole Pepper, Mace and
Sweet Oyl, of each a small quantity: and
when the Capon and Chicken being well boiled,
put in the Pease and other Ingredients, and
serve them up as sawce with the yolks of two
or three Eggs, and half a quartern of Sack.

To baste a Capon, or Pullet, the best way.
Take either of them cold, after having
been roasted; take out the brains, and mince
them small with the flesh of the wings, then
cut off the Legs and Rump entire, then add
strong broth and gravy, sliced Nutmeg, Oni-
on and Salt, and stew the divided parts in a
large Pipkin, and when they are well stew-
ed, add some Oysters, juice of Orange, and
yolk of an Egg, and serve them up on Sip-
pits, garnished with Oranges sliced, and flow-
ers.

ers. And thus any Fowl of this or the kind may be hashed.

To boil a Pullet or Capon with Asparagus.

Boil the Fowl in fair water; put brine, Mace, chopped Parsley and sweet Butter to its belly, tying up the vent: being boiled, take out the Parsley and Mace, garnish the dish with it, in which have Asparagus ready boyled, place it in good order.

To Fry a Rabbit with sweet Sauce.

Cut it in pieces orderly, and wash it well, then dry it in a cloth, and fry it with sweet Butter: being half fryed, slice some of it very small, put it into a quarter of a pint of Cream, the yolks of two Eggs, some grated Nutmeg and Salt; when the Rabbit is thoroughly fryed, pour them upon it, and keep them stirring, adding Verjuice, fresh Butter and Sugar alike quantity, and serve them up with Sippets, garnishing the dish with a green thing.

To Stew a Mallard.

First let it be half Roasted, then cut it into small pieces, putting it into a Dish with Gravy, fresh Butter and a handful of minced Parsley, with two or three Onions and a head of Lettice: let them stand an hour, then add Pepper, Salt, and Lemon-juice, and serve them up with Sippets, and a garnish of Lemon-peel.

To Fry a Nears-Tongue the best way.

The Tongue being boiled and blanch'd, it, season it with Cinnamon, grated Nutmeg and Sugar; then add yolks of Eggs and Lemons cut in small pieces, frying them spoonfuls with sweet Butter; then heat it, pour on your Tongue the Sawce and serve it up.

Boil a Haunch of Venison in the best manner.

Stuff it with sweet-herbs, Parsley and Beef minced small, as likewise with the yolks of hard Eggs: the stuffing materials being seasoned with Salt, Nutmeg, and Ginger, the Venison being powdered, boil it in strong Broth, and in another pot two or three Cawly-flowers, adding to them a quart of new Milk; and they being taken up, boil the same Liquor a handful or two of Sorrel or Spinnage, then part of the broth being taken away, put in Vinegar, sweet Butter, grated Bread and Nutmeg, then lay the Spinnage on Sippets round the dish, laying the Venison in the middle, and Cawly-flowers in the middle: garnishing the Dish with Parsley, Spinnage, and Marigold-flowers.

To Roast a Goose in the newest Fashion.

Draw your Goose, and put her on a Spit, hang her to a gentle fire, which you must increase by degrees: then take nine or ten Apples, or Pippins for want of them; boil

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boil them in a pint of White-wine, sweeten them with Sugar, and then add a small quantity of Mustard when they are come to pulp, and a spoonful of Rose-water: stir them well and put them in Sawcers apart; thus for green Geese the Sawce is generally the juyce of Sorrel, scalded Goosberries, Butter and Sugar.

To Boil a Pike the best way.

Wash and gut it, bring the Head and Tail together in a circle, scotching the Back to make it pliable, boil it in Water, Salt and Vinegar, putting it in when the water begins to be enough, take it out, and serve it with Ginger, grated Bread, Butter White wine, Oysters, Dates, and the juyce of Lemons, garnished with green leaves or flowers.

To Stew a Pike the best way.

Wash out the Blood, flat it, and lay it in a dish, cover it with White-wine: add, when it boils, whole Cinnamon, Mace, Salt, sweet Butter, and dish it up on Sippets.

To boil a Salmon the best way.

Cover it with Water, add Rosemary, Thyme-tops, Winter-savory and Salt: then add more a pint of Vinegar, and serve it with Butter, the juyce of Lemons and Anchovies made into Sawce.

To Roast an Eel the best way.

Take one pretty large Eel, take out

ails after it is skinned, then fill the Belly with sweet herbs and Butter, beaten together in a Mortar; after that draw the skin over again, and fasten the Eel with strings to the Spit, and moderately roast it; then with the Herbs, Anchove-Sawce and Butter, together with the Gravy, serve it up.

To Roast a Lobster the best way.

Take a large one, whilst alive, bind up the Claws, and fasten it to the Spit before a gentle fire; baisting it first with water and salt, then with Butter and Claret-wine; and when it is enough, break the shell, take out the Meat, and Serve it up with Anchove-sawce and stew'd Oysters.

To roast a pound of Butter.

Lay your Butter in Water till it be very soft, then fix it upon a small Spit; lay it down before a gentle fire; and as soon as it begins to drop, dredge Bread on it, and so continue to do, adding a little beaten Cinnamon and Sugar till the Bread has soaked up all the Butter: which done, make the outside brown, and serve it up in the native.

A Quaking-pudding, with Verjuyce, Butter, Rose-water and Sugar.

To make Sausages the best way.

Take a Leg of Pork, divide the fat from the lean, and chop the latter small, with Marjoram, Penny-royal, Thyme, and Winter-savory,

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terflavory, adding Salt, Pepper, and a little
Ginger together, with half the quantity
Meat in Beef suet; and being very fine
fill it in Sheeps-guts with a whalebone-fese
and dry them in a Chimney for your use.

To dress a dish of Anchovies the best way.

Take the best *Leghorn* Fish, about a year
old, not being rusty, wash them, and
smooth off the white and scales; divide them
equally in four quarters at length, lay out
laying waving in and out, and between
another strait, in the figure of a Star, making
of the bones the figure of a Crown, and
placing it in the center of the dish: garnish
it with Lucois, Olives, Samphire, Pickled
Barberries, Pickled Broom-buds, Mushroom
Capers, and slices of Pickle-Cucumbers, in
what form you please; adding a sufficient
quantity of Oyl and Vinegar.

How to dress a dish of Carver the best way.

Take that which is not rusty nor over
dried, steep it in the best Florence Oyl
for the space of an hour; then take it out
and work it with a little Vinegar and Pe-
pper into a form or figure as best fancy
you, and then garnish it with Olives and
Barberries, serving it up with Oyl.

The best way to dress a dish of Pickle-Herrings.

Take new Herrings, or the best you can
get, take off the skins, and take out the
bones.

slice the Herrings, and mince them very small; then shread Pickle-Cucumbers, Potatoes or Onions, Lemon-peel, Codlings, Apples or Pome-waters: mix the whole with water with Capers, Barberries and Broom-buds; garnish the dish with Olives, French-beans, and Mushrooms: make it into a figure, add Oyl, Vinegar and Pepper, and serve it up: or if you please, you may garnish it with Pickled Oysters.

To set out a dish of Pickles.

Place in the midst, your Cucumber, then put large Olives, then French-beans at length, and small Olives between them, then Mushrooms and Capers, and on the edges of the Dish Pickled Grapes, Pickled Gilliflowers and Broom-buds, and so serve them

How to Pot Fowl in order to their keeping.

Roast Ducks, Mallards, Teals, Widgeons, Pigeons or Chickens: drain them from the gravy, and put into the bellies of them a little Pepper and Salt; with a little bruised Garlic and some Cloves; then take the fat that came from them, press them a little flat, and mixing the fat with sweet-herbs; when you have laid your Fowl in order in a glazed Earthen pot, pour the melted Butter, &c. hot on them till they are covered; and strew some Pepper and slices of Nut-

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meg; then cover it with Bay-leaves, close it up with Leather: and being fast down, rub a little Butter on a Leather keep it moist, and the Fowl will keep twelve month.

To dress Kid with the colour and taste of Venison.

Take a Haunch well fleshed, and indurient fat, pluck away the skin and superfat; open it from the bone, and thrust some Peter-salt, then lay it two hours in water that has been newly heated; after dry it, and put it on your Spit, or bake in a Pasty, and it will have the colour and flavour of Venison.

An Excellent way of Hashing any sort of Meat.

Take your Meat, slice it thin, sprinkle with a little Salt, Pepper, and shred sweet-herbs, put it into your pan with piece of fresh Butter and the juyce of a Lemon; add a few bruised Cloves, Oyster and an Anchove: garnish your dish with Parsley and slices of Lemon, and serve up.

How to roast a Salmon the best way.

Take a Jole or Rand, and divide it into four pieces; season it with Salt and grate Nutmeg; stick on it a few Cloves, and fasten it on a small Spit, putting between it a few Bay-leaves; stick in the outside with

Spit

leaves of Rosemary: baste it with Butter;
and the dripping; sawce it with Butter,
Joyce, and Juyce of Oranges; garnish
it with some slices.

To fry Salmon the best way.

Take a Chine, Jole or Rand, fry it in
the best Butter; and finding it crisp, let
your Sawce be made of Claret-wine, sweet-
butter, grated Nutmeg, Orange-juyce,
and the Liquor of Pickled Oysters: heat
them together, and pour them on the Fish:
and for a garnish, lay Parsley, and Sage-
leaves fried in Butter.

*How to recover tainted Venison, and make Mutton,
Beef or Lamb, pass for Venison.*

As for the first, wrap it up in a clean
Cloth a little dampish, dig a hole in the
Earth, put it in, and let it lie twenty four
hours, and the Scent will be gone, the Earth
drawing it away.

As for the latter, take your Mutton, &c.
and dip it in Pigs blood, or any wholesome
warm Blood; then parboil it in small Beer
and Vinegar, and let it stand all night;
then put to it some Turnsole, and bake it,
and it will look and eat like Venison.

To roast a Carp the best way.

Draw and wash him alive, taking out his
Intrails, and with Lemon-juyce, Carra-
ways, grated Bread and Nutmeg, Currans,
Cream,

Cream, Almond-Paste and Salt, make Pudding, and put it into its Belly, in much that it may fill it full, the Pudding being put through the Gills and fasten them, and when it is roasted, make Sawce with what drops from it; adding the Juyce of Oranges, Cinamon, Sugar and Butter, and dish it up.

To stew a Carp the French way.

Take him alive, and bleed him; then take out all his Intrails, and scrape the Scale from off the back; then take a quart of Claret, Mace, Ginger, Cloves, Nutmeg, Sweet Herbs, a large Onion and Salt; then boil in the Stew-pan, then put in the Carp, with half a pound of sweet-Butter, it being enough, lay it in a Dish, and make a Sawce of grated Bread, Lemon-juyce, beaten Butter, and what remains of the liquid part in the Stew-pan, and garnish with green Spinage and stewed Oysters.

To stew Oysters after the best manner.

Take the largest, parboil them in the Water that comes from them, and afterward wash them in warm Water; put them into a Pipkin, adding Onion, Mace, Pepper, Nutmeg, and a pint of Wine, with as much Vinegar, if you have two quarts of Oysters; add likewise a pound of sweet Butter, and a Spoonful of Salt; then

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Put them up with Sippits, having stewed them, and garnish with Barberries and Lemon-peel.

To stew Flounders.

Take the largest, draw and wash them, giving them a scotch or two on the Belly; put to them, being in your Stew-pan, small Oysters, Pepper, Ginger, an Onion, sweet Herbs, Salt, suffering them to Stew as soon as may be, then dish them up, with Sippits: And for Sawce, take beaten yolks of Eggs, Lemon-juyce, Butter, and a little Ginger; garnishing with Lemon-peel.

To roast an Eel the Dutch way.

Strip her, put into her Belly grated Bread, sweet Herbs and Butter; then draw the skin over her again, and fasten her to the Spit; basting her with Salt and Water; being enough, take off the skin by ripping it up, and serve her up with Herbs made into a Sawce, with Butter and juyce of Lemons, and a little Claret-wine.

To stew Breems.

Draw, dry them, and let them be well salted; lay them on a Grid-iron over a Charcoal fire; suffer them to be brown on both sides; then put half a pint of Claret into a Pewter Dish, set it over the fire to boil, add three Anchoves, two sliced Onions, a pint of Oysters, and a little Thyme; when it

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has boiled, put to it a little melted Butter
and Nutmeg; then dish up the Fish, and
pour the Sawce on it, with yolks of two
Eggs minced.

To boyl a Mullet the best way.

Save the Liver and Roe, and scald him
then put the water on boiling hot, adding
half a pint of Claret, and a bunch of sweet
Herbs, Salt, Vinegar, and two Onions
with a sliced Lemon: take a Nutmeg, quarter
it, with Mace and Butter, drawn with
Claret, dissolving in it two or three Anchoves:
season the Sawce with Salt; Dish
up your Fish; and Serve it up with a garnish
of stew'd Oysters and Bay-leaves.

At one and the same charge, as to the
Sawces, you may dress a dozen of either
of the last mentioned Fish.

How to dress a Cods Head the best way.

The Head being cut fair, boil it in Water
and Salt, adding a pint of Vinegar, till
the Head may be a little more than covered;
putting into the mouth of it a quarter
of Oysters, a bundle of sweet-herbs and an
Onion, binding the Jaws with a thread;
when it is well boiled, set it a drying over
a Chafing-dish; then take Oyster-Liquor
a sliced Onion, and two or three Anchoves
adding a quarter of a pint of White-wine
and a pound of sweet-Butter; pour them on

the Head, and stick the Oysters where they will enter; scatter over it grated Bread and Nutmeg; garnish the Dish with sliced Lemon, or any green thing.

C H A P. XIV.

The Cook-Maids Directions in making Pyes, and managing Pastry to the best and Modish manner and advantage.

Observe your Flour be fine, and free from Bran, or any defect; and having laid it on a smooth Table, or in a Kneading-Trough.

2. Heat your Liquor, suffering it to simmer, scumming off what arises; and if it be for Tarts, Custards, or the like, let it be fair water, with a small Ingredient of Rose-water and Malaga-Wine, so that it taste of neither: But for larger Pyes made with Meat or the like, add Butter a pound to two parts of Liquor, and to either of them in moulding, Eggs or New-Ale-yeast, according as you would have your Paste light or solid; which I leave to your discretion.

2. As for those that are to be raised very thin, work them up cold; but those of large-ness, that will admit a good substance, for

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the more ease and pliability, let the Paste be warm, working them into a form with your Hands, Roller, Nippers, Spur-In Knife and Plate: mark the Garnishing, flourish on the Lid or Sides, I leave likewise to your discretion. But that you may the better understand the form of the most curious things of this nature, I have caused them to be inserted in the following Page and so proceed to the filling them, &c.

To make an Oyster-Pye.

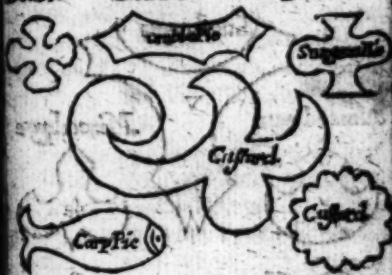
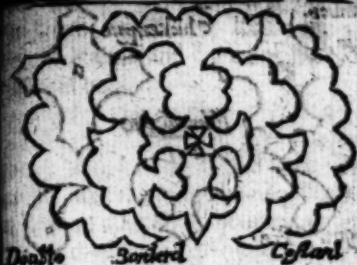
Let the Oysters be parboiled in their own Liquor; wash and dry them, season them with Nutmeg, Pepper, Salt, and the hard yolks of Eggs; and the Pye being made ovel, put into it Currans and sliced Dates, and on them lay the Oysters, add large Mace, Barberries, sliced Lemon and Butter: and when it is baked, put into it white-wine, Sugar and Butter.

To make a Veal-Pye the best way.

Raise your Paste well, cut a Leg of Veal in slices, season it with Salt, Pepper and Nutmeg, adding some large Mace, laying the Meat with Raisins of the Sun and Currans in the Pye, and fill it with Butter; and when baked, serve it up hot.

The best way to make a Carp-Pye.

Draw, scald and wash a large Carp or two, season him or them with Salt, Pepper



Lumber

pye

Minced pye

Minced pye

Thyme

Rec

Lumber pye

Minced pye

Minced pye

Custard

Preserved

Custard

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1. Nutmeg, then fill the Pye with them, and store of Butter, Raisins of the Sun, and of Orange, and Juyce of Lemon: close up and bake it.

The best way to make a Chicken-Pye.

Truss your Chickens, and flat the Breast bones; and having raised your Paste, lay them in order, filling their Bodies with Butter, laying above and beneath Raisins, Currants, Prunes, Cinnamon, Sugar, Mace and Salt, with a convenient quantity of Butter; and when it is baked, pour in Rose-water, White-wine, beaten Cinnamon, Sugar and Verjuice; with the which serve it up, &c.

To make a Warden-Pye the best way.

First bake your Wardens gently in a little Water and Claret, adding a pound of Sugar, covering your Pot or Pan with a lid of dough; and when they are cold, lay them into your Pye with Cloves, Cinamon, Sugar, and part of the Liquor, and bake it gently.

To make a Pye with Sweet-Breads and Lamb-Stones.

Slit your Lamb-stones, skin and wash them, take the Liver of a Lamb, shread it small, and slice an Udder part of a Leg of Veal; which being seasoned with Mace, Cloves, Salt, and Nutmeg made small, as also

also Pepper, shread into it three or four Pins, and the like quantity of the peel candied Lemons and Oranges, five or six Dates cut in the middle and stoned, white Currans, Carraway-seeds, white Sugar, and half a pint of Rose-water and Verjuyce, and more a couple of Eggs: make it into bread and with the Juice of Sorrel green it, laying a Sweet-bread and a Lamb-stone till it is near full, covering them with Citron peel, Dates and slices of Lemon; and being baked enough, pour in Butter, White-Wine Sugar, and the beaten yolks of Eggs, forming Sugar on the Lid to set it off.

To bake a Turkey the best way.

When your Turkey is parboiled, lard him season him with Pepper, Salt, Cloves and Mace; flat the Breast, and put him into your Coffin or Pye, and fill it with Butter, when it is baked and cold; and so serve it up.

To make an Artichoke-Pye the best way.

Take the bottoms of half a dozen Artichokes, boil them tender, season them with Ginger, Mace, Salt and Sugar: lay Marrow at the bottom of your Pye, and them upon it; cover them with Marrow, sliced Dates, Raisins of the Sun: and being half baked, put in a quarter of a pint of Canary, where in Orange-peel has been boiled, then bake it well.

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To make a Marrow Pudding the best way.

Blanch a pound of Almonds, beat them all with Rose-water, take a pound of Sugar, grate a penny white Loaf and Nutmeg; add a pint of Cream, the Marrow of two or three bones, and a grain or two of Ambergrease; mingle them with a little Salt: fill the Skin you intend it shall be in, and boil it moderately.

The best way to make a Custard.

Take and boil a quart of Cream with whole Spice; beat the yolks of ten Eggs and the Whites, with a little Cream: put them into the Cream when cold, then put it into a Paste; strew Comfits on it, and bake it.

To make an Umble-Pye the best way.

Take Beef-Suet, mince it and lay it in your Coffin, or, if you please, slices of Larded Bacon, then take your Umbles, and cut them into small pieces as big as Hazle-nuts, and your Bacon about the same bigness; then grate Nutmeg, Pepper and Salt; strew them on the top, then lay a laying of Bacon, and on that another of Butter, and so close it up: and being baked, liquor it with Claret Thyme, Claret and Butter well beaten together.

A Venison Pasty, the best way to make.

Having well powder'd your Haunch or side, and cleared it from Sinews, Bones and Skin;

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Skin; season it with Pepper and Salt, beat it with your Roller, making it proportionable for a Pastry; then make a Paste with fine Flower, allowing to a three pound of Butter and twelve Eggs work it with cold Water to a convenient stiffness, suffering it to be as thick as your Thumb; then take it upon your Roller, open it again upon a couple of Sheets, or much as will serve of Cap-Paper: and having your White minced, and beaten with water, lay it proportionably upon the Paste to the breadth and length of the Venison, then in the White lay the Venison, and wrap it round with a Feather; put on the border season the top of the Venison, and turn over the other leaf, and so close your Pastry; then drive out another border for garnishing the Pastry from the sides to the top; the device of which is left to your discretion; then vent it at the top, set it into a well-heated Oven, and suffer it to soak as it ought, for four or five hours; then draw it, and pour Butter well melted in at the top.

To make an Excellent Minced Pye.

Take Neats-Tongues, parboil them till they may be peel'd; then mince 'em with like quantity of Beef-Suet, stoned Raisins and picked Currans: make them in a manner like Pap, then mingle a little fine Sugar

with a glass or two of old Malaga; then
slices of candied Citron-peel, and put
the whole, being well mingled, into a cof-
fin, the form of which is left to your dis-
cretion, and strew on it a few Carraway-
seeds, and so bake it moderately.

To make an Eel-Pye the best way.

Take the best silver Eels, indifferent large,
clean, gut and wash them; cut them to pieces
about a finger's length; shread a handfull
of sweet Herbs, with some Parsly and an On-
ion; season them with Pepper, Salt, beaten
Cloves, Mace and grated Nutmeg; when the
cass or crust being reared and fashioned to
your mind, put them in, and strew over them
some Currans, and a few slices of Lemon o-
ver that; put a laying of Butter, and close
your coffin with the lid; and when the Pye
is baked, put in Butter melted with a little
Vinegar, and beaten up with the White of
an Egg.

The best way to make a Gooseberry-Tart.

Take your Gooseberries before they are
ripe, being well picked, scald them till they
will break in a Spoon; then strain out the
juice, and beat it up with half a dozen Eggs,
and stir 'em well together on a Chafin-
dish of Coals, adding Rose-water, and
sweetning 'em with Sugar, and when it is
done, you may put it into your coffin, and
bake it moderate-

moderately bake it, or serve it up in Pastry without baking.

To make a Pippin or Codlin-Tart.

Take your Pippins, gather'd before they are over-ripe, pare 'em, and take the cores clear off, strew some Sugar and Rose-water on 'em; and each Pippin being cut in quarters, lay them in order: between every layer lay thin slices of Quince, then a Syrup of Quinces, or of the same Fruit; after that strow over the Sugar, mixed with a little Cinamon; and closing all up in a coffin, bake them gently, that they may be well soaked.

To make a Paste of Marrow, &c.

Take the Marrow of six Bones, wash them with a considerable quantity of Ale, well pared and cored; then add a sufficient quantity of Sugar, and put them into a Pan to make a paste; and having fryed them in a Pan with sweet Butter, serve them up with Sugar and Cinamon.

To make a Pye of Calves-Feet the best way

Having boiled your Calves-Feet well, wash out the bones and gristles, as many as are convenient; shread them as small as you can, and season them with Cloves and Mace; add to them a good quantity of Currants, Raisins and Dates, the latter well stoned, then with a sufficient quantity of sweet

put them into your coffin, breaking on
some whole Cinamon and sliced Nut-
meg; then scatter over them some Salt, and
raise them up, leaving a vent to pour in when
the Pye is baked, a quantity of Verjuyce,
some Cinamon and fresh Butter well bea-
t together.

To make the best Cakes.

Take a sufficient quantity of fine Flower,
a quarter the weight of it in picked and
washed Currans, a pound of Carraway-
seeds, half a pound of Marmalade of O-
ranges, the yolks of a dozen Eggs, half a
pound of Malmsey or Malaga a quarter of a
pint of Rose Water: Mould them together
with a little New-Ale-yeast, and as much
Milk as will make them up into Cakes; then
roll them over with Sugar, or wash them o-
ver with Canary, well beat, with the yolk
of an Egg, and bake them in a gentle Oven.

To make the best Cheese-Cakes.

Take new Milk, and put as much Run-
net to it as will well bring it to a Curd; then
strain out the Whey in a Cloath, between
two Fatts; which done, beat up the Curd
with the yolk of Eggs, White-Wine, Rose-
water and Sugar; after that, add as many
Currans as you see convenient: then having
made your Puff-paste of fine Flower, Eggs,
Milk and New Ale-yeast, put it into a salhi-
on;

on; and being well knit at the Corners rowled with a Pastry-Spur, put in the C and wash it over with the yolk of an E using a Feather for that purpose.

C H A P. XV.

How to make several Sawces for Roast Boiled, on all occasions.

THE general Sawce for green Geese Gooseberries scalded, and coloured again with the Juycce of Sorrel strewed with Butter and Sugar, and served up with Sippits, and for most Land-fowl, the of strewed Prunes, the Gravy, Cinnamon Ginger and Sugar boiled up to a thick and served up in Sawcers.

For roasted Mutton, the general Saw are Capers, and Samphire, the Gravy, ced Shalot, and a little Pepper strewed ther: or Claret-Wine, Ginger, the G and an Onion.

For boiled Mutton, take Verjuyce, Currans, Sugar, and a little Cinhamon, them well over a fire, and ferye the with Sippits or White-broth, made of Bread, Currans, Rose-water and Sugar the yolks of two Eggs.

The general Sawce for roast Veal is of Orange, Butter, Verjuyce, grated N

How to make Sauces the best way. 129

Claret wine, or Sweet Herbs chopped
with the yolks of two or three Eggs
beaten hard in Vinegar, Butter, and grated
Bread; Currans, beaten Cinnamon and
whole Cloves: for boild Veal, green Sawce.
For red Deer, Sweet Herbs chopped small,
Gravy, with the Juyce of an Orange or
Lemon, and grated Bread or Vinegar, Cla-
ret wine, Ginger, Cinnamon and Sugar,
beaten up with a sprig of Rose-mary, some
whole Cloves and grated Bread: and if you
will for farce your Venison, let it be with
whole Cloves, Sweet Herbs and Beef suet,
the two latter cut very small.
For roast Pork, Apples quartered, boiled
in water, and the pulp mixed with But-
ter, Sugar, and a little Verjuyce: or Sugar,
Mustard, Pepper, and the Gravy: For boild
Pork, chopped Sage, boiled Onions, Pep-
per, Mustard, and grated Bread, or Mustard,
Vinegar and Pepper.
For Rabbits, Sage, Parsley, Butter, Vine-
gar and the Gravy: or beaten Butter, Vine-
gar and Pepper: For a boild Rabbit, Oni-
ons, Sweet Herbs, Pepper, grated Bread and
Gravy, served on Sippets.
For Hens roasted, the Gravy, Claret
wine, Pepper, and an Onion, boiled with the
Neck, or Gizzard: or beaten Butter,
Juyce of a Lemon, Pepper, and the yolks
of

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of hard Eggs: For a Hen boiled, with Broth and Sippits, with Lemon-peel and yolk of an Egg minced small.

For roast Chickens, Butter, Verjuyce, Gravy or Butter, Vinegar, boiled up with Sugar, and the substance of an Anchovy served up on thin slices of Bread: For boiled Chickens, strong Mutton-broth, grated Bread, chopped Parsley, and the Juyc of a Lemon, with a good piece of Butter, mixed, and served up on Sippits in order.

For roasted Pigeons, Verjuyce, Butter, boiled Parsly shred into it, and beaten with or Claret-wine, stewed Onion, Gravy, Pepper, seasoned a little with Salt: For boiled Pigeons, strong Mutton broth, the Juyc of Sorrel, the yolks of Eggs beaten in, and a sprig of Rose-mary: or Sprouts and Bacon.

For a Peacock, Turkey, Partridge, Pheasant, or the like roasted, boiled Shalot, Pepper, Salt, grated Bread and Gravy: or Onion, grated Nutmeg, Manchet, the Yolk of Eggs, Salt, and the Juyc of Oranges brought up to the thickness of Water-grewell: bruise the Kernels of small Nuts, with grated Bread, Nutmeg, Saffron, Cloves, and Juyc of Oranges and strong Broth: bring them up to a thickness.

For a stubble Goose, slice Pome-w

How to make Sauces the best way. 131

them soft; Mash them in White-wine,
add to the Pulp Butter, Sugar, Ver-
juice, and the Gravy.

For a Mallard or Duck roasted, Take
Oyster-liquor, the Gravy of the Fowl,
Red Onions, Nutmeg, and an Ancho-
pise; stew them together, and serve it up
the liquid part: or Vinegar, Cloves, and
Pepper, a Blade of Mace and a Shalot: If
desired, take slices of Carrot, shred Parsley
or Winter-savory, Mace, Verjuice and
Red Bread.

For any kind of Sea-fowl roasted, Take
Red Bread, Cinnamon, Ginger and Su-
gar, Claret and Wine-Vinegar: boil them
in Rosemary and Cloves to a convenient
thickness; strain them and serve them up as
a very good Sauce: or Gravy, Claret-wine,
Onion and Pepper, with a small piece
of Butter.

For Roasted Salmon, Take Oyster-liquor,
Juice of Nutmeg, the Gravy, and the
Juice of Oranges and Butter; beat them up
to a thicknes: or beaten Cloves, the Gravy,
Nutmeg and grated Bread, beat up
with Butter, the yolk of an Egg and Vine-
gar. For boil'd Salmon, Butter, Vinegar,
Nutmeg, and the Intrails of Salmon.

To make an Excellent Green-Sauce.

Take large Sorrel, white Bread grated,
pared

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pared and cored Pippins, some Sprigs
Mint, a quantity of Verjuice sufficient
moisten it; and being stamped very fine
scrape Sugar on it, and mix it well to-
ther, and so serve it up, with Pork, Veal,
Chickens, Kid, Lamb, Gosling, or
like; they being boiled.

For all sorts of small Birds roasted.
Take the Gravy, Pepper, Butter, and
their Livers and Gizzards, minced with
Parsley, or the Gravy of a Capon, Ginger
and the yolk of an Egg beaten together
with a little Butter and Vinegar. And
much may suffice for Sawces, so necessary
to be known by all that pretend to Cook.

THE GOVERNOR CHAP. XVI.

*Directions to know what is in Season throughout
the Twelve Months of the Year; and what
ought to be served up as the first and second
Courses, &c.*

March.

1. **N**EARS-Tongues and Udder. 2. Boiled
Chickens. 3. A dish of stewed
fishers with Anchovy-sauce. 4. A dish of
young Rabbits. 5. A grand Sallad.

Second Course.

1. A dish of Soles or Smelts. 2. A dish of
Marinate Flounders. 3. A Pye of Lamb
stones. 4. Asparaguss, if to be gotten.
A Warden-Pye.

April.

1. Green-Geese, or Veal and Bacon.
2. Roasted Haunch of Venison.
3. A Lum-pye.
4. Rabbits.
5. Tarts.

Second Course.

1. Cold Lamb.
2. A Cold Neats-Tongue.
3. Salmon, Lobsters and Prawns.
4. A dish of Asparagus.

May.

1. Boiled Chickens.
2. Roast Veal.
3. Roast Capons.
4. Roast Rabbits.

Second Course.

1. Artichoke-Pye just out of the Oven.
2. Westphalia-ham.
3. Tarts.
4. Sturgeon, Salmon, Lobsters.
5. A dish of Asparagus.
6. A Tansey.

June.

1. Boiled Neats Tongues, or a Leg of Mutton and Colliflowers.
2. Steak-Pye.
3. A Shoulder of Mutton.
4. A Fore-quarter of Lamb.

Second Course.

1. A Sweet bread Pye.
2. a Capon roasted.
3. A Goosberry-Tart.
4. Strawberries and Cream, or Strawberries with Rose-water, White wine and Sugar.

July.

1. A Westphalia-ham and Pigeons.
2. A loin of Veal.
3. A Venison-Pasty.
4. A Capon.

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Second Course.

1. Green-pease or French-beans. 2. Codlin-Tart. 3. Artichokes, or an Asperidge-Pye. 4. Roasted Chickens with Summer-Sawce.

August.

1. A Calves-head and Bacon. 2. Olio, or grand-boil'd savory Meat. 3. Haunch of Venison. 4. A fat Pig well roasted, with good Sawce.

Second Course.

1. Marinate-Smelts. 2. A Pigeon-Pye. 3. A dish of roasted Chickens. 4. A Pippin-Tart. 5. Codlins and Cream.

September.

1. Boiled Hens and white Broth. 2. Neats-Tongues and Udders roasted. 3. Powdered Goose. 4. A roasted Turkey.

Second Course.

1. Potato-Pye. 2. Roasted Partridges. 3. A dish of Larks. 4. A dish of Cream and seasonable Fruit.

October.

1. A Fillet of Veal. 2. Two roasted Brand-Geese. 3. A grand Sallad. 4. A roasted Capon.

Second Course.

1. Pheasants, Pigeons and Pouts. 2. A dish of Quails and small Birds. 3. A Water-Pye. 4. Tarts and Custards.

November.

November.

1. A Shoulder of Mutton stuffed with
ysters. 2. A Loin of Veal. 3. A roasted
Goose. 4. A Venison-Pasty.

Second Course.

1. A Larded Hern, and another not Lar-
ded. 2. A Sowsed Turbet. 3. Two Phea-
sants, the one Larded, and the other not.
4. A Collar of Beef. 5. A Sowsed Mullet and
6 Gellies, and Tarts of Fruits in season.

December.

1. Stewed Broth of Mutton and Mar-
row-bones. 2. Lambs-head and White-broth.
3. A roasted Chine of Beef. 4. Minced
Pyes. 5. A Turkey stuck with Cloves, roa-
sted. 6. Two roasted Capons, the one Lar-
ded, the other not.

Second Course.

1. A young Kid or Lamb roasted whole.
2. A dish of Partridges. 3. Polonian Suasa-
ges, and a dish of Anchovees, garnished with
Mushrooms. 4. A dish of Caveer and pickled
ysters. 5. A Quince-Pye. 6. A dish of
Woodcocks.

January.

1. A Collar of Brawn and Mustard. 2. A
Couple of Pullers boiled with White-broth.
3. A Roasted Turkey. 4. A hashed Soulder of
Mutton. 5. Two Geese. 6. A Surloin of
Beef. 7. Minced-Pyes. 8. A Loin of Veal. 9.

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A Venison Pasty. 10. A Marrow Pye. 11. Couple of Capons roasted 12. A Lamb roasted. 13. Woodcocks, Partridges and fine Birds dished up with Sawce.

Second Course.

1. A Souled Pig. 2. A Warden Pye. 3. cold Neats-Tongue. 4. A foused Capon. 5. dish of pickled Oysters and Mushrooms. 6. Joll of Sturgeon. 7. A Goose or Turkey P

February.

1. A Bacon-chine 2. A Loin of Veal, Beef roasted. 3. Lamb-Pye or Minced-P 4. A Couple of Wild-Ducks roasted. 5. dish of fryed Oysters. 6. A Couple of Rabbits roasted. 7. A Skirrit-Pye.

Second Course.

1. A roasted Lamb. 2. A dish of Pigeon 3. A Pippin-Tart. 4. Joll of Sturgeon. 5. cold Turkey-Pye.

C H A P. XVII.

The Accomplish'd Dairy-Maid, or Directions to make all manner of Junktets and pleasant things, wherein Milk, Cream, &c. is an ingredient, the Modish and Experienced will find plain, easie, and exceeding necessary.

THE Dairy-Maids Place and Office though not so Universal, is little inferior to that of the Cook Maid in making various

The Accomplish'd Dairy-Maid. 143

ery of Junkets; besides which, her chief business is to go neat and cleanly, and to keep all so under her Jurisdiction; observing the Kine are well fed, and that Butter and Cheese are made of proper Milks, and in their proper Season.

To make fresh Cheese of Cream.

Take a Pottle of new Milk warm from a Cow, Almonds blanch'd half a pound: beat them small; add a pint of Cream, a quarter of a pint of Rose-water, half a pound of Sugar, half an ounce of beaten Cinamon and Ginger; then add Runnet; beat it up and whey it; press it in a Mould, and serve it up in a dish of Cream.

Cream and Codlins, how to order.

Scald your Codlins, take off the skins, and cut the Core; mix the pulp with Sugar and Rose-water; add a quarter of a pint of Canary and a quart of Cream, and serve it

To make an Excellent Junket.

Take Goats or Ews Milk, put them over fire, and when they are a little warm, then add Runnet, and let it cool; then strow it Cinamon and Sugar, over that cast Cream, and strow Sugar upon the Cream, with Rose-water.

To make a Whipp'd Syllabub.

Take a pint of Cream, six spoonfulls of

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Sack; the Whites of two Eggs, two ounces of fine Sugar, and with Birch-twigs, beat it till it froth well; scum it and put it in your Syllabub-pot.

To make Cream of Codlins.

Scald them and peel off the skin, scrape the pulp from the Core, and strain the pulp mixed with Sugar and Rose-water, through a coarse Linnen Cloth: lay your Codlin pulp in the middle of a dish, and raw Cream round it; adding more Sugar and Rose-water.

To make a Cream-Tart.

Take Manchet, chip it and grate it; mix it with good Cream and sweet Butter; take a dozen yolks of Eggs, beat them well with Cream, adding four ounces, of Sugar: beat them altogether till they come to a thickness; make two leaves of PASTE as thin as can be raised, but very shallow: put the Materials before mentioned into it, and cover it with the lid; then bake it, strew Sugar on it, and serve it up.

To make Curran-Cream.

Bruise red Currans in boiled Cream, strain them through a Sieve; add Sugar and Cinnamon, and so serve it up. And so you may by Raspberries or Strawberries.

To make Cream of Eggs.

Take a quart of Cream; and when it

beat into it the Whites of five Eggs, and let it boil, adding two Spoonfuls of Rose-water: being enough, let it cool, and add a little Salt, and scrape on it fine Sugar.

To make Curr Cakes.

Take a pint of Curds, four Eggs, leaving two of the Whites: add Sugar and grated Nutmeg, with a little Flour: mix them well, and drop them like Fritters into a frying-pan, in which Butter is hot.

To make fresh Cheese.

Take a race of Cinnamon, scald it in new Milk or Cream; and taking it off, sweeten it with Sugar: then take a Spoonfull of Runnet to two quarts of Milk: cover it close, and let it stand till the Cheese comes: strew then upon it Sugar and Cinnamon, and serve it up with Sippits dipped in Canary or White-wine.

To make Goosberry-Cream.

Let your Goosberries be boiled: or for want of green ones, your Preserved ones will do: and when your Cream is boiled up, put them in, adding small Cinnamon, Mace and Nutmeg: then boil them in the Cream, and strain all through a cloath, and serve it up with Sugar and Rose-water.

To make a Cream Fool.

Heat two quarts of Cream: when it is boiled, add the yolks of twelve Eggs, having

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first beat it in three or four Spoonfuls of Cream, straining them into the pot: add them to prevent burning: when having boiled a pretty while, take them off, and let them cool, adding two or three Spoonfuls of Sack: fasten Sippits to the Dish with Symples of Raspberries; sweeten your Cream, pour it in, and serve it up.

To make Clouted Cream.

Set new Milk on the fire twelve hours without suffering it to boil: add Sugar and Cinnamon, with a third part of Cream, and serve it up.

To make a Goosberry-Fool.

Pick your Goosberries not ripe, boil them in clean water to a pulp: take six yolks of Eggs, a quart of new Milk, Rose-water and Sugar: put the latter in when the former is well boiled, and suffering them to boil a while, serve the whole up in a large Dish when it is cold.

To make a Tansey.

Take six Eggs, but the Whites only of three: beat them in Cream, then stamp green Wheat-blades, Violets, Spinage, Succory and Strawberry-leaves, of each a handful, with a few Wallnut-tree-buds; adding Cream as you beat them: strain out the Juice, and add it to the Eggs, and more Cream; also Crumbs of Bread, Cinnamon, Nutmeg

Salt and sweet Butter, the latter being put into the Frying-pan; adding, lastly, the Juycce of Tansey and Sugar: Fry them in a Pan-cake, very thin, and serve it up with Rose water and Sugar.

To make Snow-Cream.

Take the Glare of half a dozen Eggs; and Rose-water, beat them with Feathers till they become like Snow; lay it on heaps, and Cream that has boiled and cooled, with scraped Loaf-Sugar: heat it again, and serve up as soon as it comes to be cold a second time, upon Rosemary or Bay-branches to thicken; that it may stick the better, add some grated Bread.

To make a pleasant Syllabub.

Take two quarts of Milk come newly from the Cow, half a pint of Verjuycce being added, take off the Curd, and put to more a pint and a half of Cream: beat them together with Sack and Sugar, and put them into your Syllabub-pot for your use.

To make a Cream, called Quince-Cream.

Roast four or five ripe Quinces, and pare them; cut them from the Core in thin slices; boil the slices in a pint of sweet Cream, with a root of whole Ginger: when it is boiled to a pulp, strain it; and adding Sugar, serve it up cold.

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To make the best Fumballs.

Take a handful or two of Wheat-flour and a pound of white Sugar; mix them well, adding the Whites of two Eggs, and a pound of blanched Almonds well beaten with half a pound of sweet Butter, and a Spoonful or two of Rose-water: to this add more, half a pint of Cream; mould it till it become a Paste; rowl it into what shape you please, and dry it a while, then gently bake it: Of this quantity you may make twenty or more.

How to make an Angellet.

Take a pint of Cream, and double the quantity of Milk, putting to them a small quantity of Runnet; and when it thickens take it up with a Spoon, and put it into Butter-Fat, there let it continue till it is very firm then salt it; and when it is so, let it dry and at the end of three months eat it.

To make Sage-Cream.

Take a quart of Cream, boil it well, then add a quarter of a pint of the Juice of rosemary Sage, half as much Rose-water, and a quarter of a pound of Sugar, and it will be an excellent dish. And thus you may use it with any sweet Herbs, which will render it pleasant and healthful.

Messeline, or Mixture of rare and curious Receipts, Things and Matters; Added as an Appendix to this Impression.

Most Approved Physical Receipts.

Excellent Balm for the Epilepsie, Vertigo, Palsie, Cramp, and Pain in the Back; and all cold Afflictions of the Nerves and Joynts.

TAKE of the Red sort of Old Tile-stone, in small pieces; calcine or burn them, and quench them in the purest Olive-oyl, after which beat them into fine Powder, and put that Powder, sprinkled with a little Muscadell, into a Cucurbite of Glass, Luting the Joynts well together; and it being in that manner set over a gentle fire, the Balm will arise: which being taken away, and used by anointing the afflicted part, or snuffing up the Nostrils, will ease the Pains premised.

A Receipt to make Orvitean, or the Famous Antidote against Poyson, Infection, &c.

Take the Powder of Bezoar-stone two drams, the Powder of dried Foxes Lungs half an ounce, the Oyl of Cinnamon a dram, half an ounce of the Juyce of Heib-
grass, the Powder of Red Coral a dram, and two scruples of beaten Peel; add to these

these half an ounce of Elecampane-root and two drams of Storax bruised into Powder: put them into half a pint of Red-wine and let them simmer over a gentle fire till they are well incorporated, and then make them into an Electuary, keeping it as close as may be from the Air, and take, as occasion requires it, about the quantity of a Hazel-nut, and after it some warm Broth or warm Posset-drink; keeping your self close for an hour or two after, and it will effect wonders.

An Excellent Wine, or Medicinal Drink against the Pox, Plague, Measles, Small Pox, Spotted-Fever, or any infectious Disease.

Take of the best Old Malaga a quart add to it a pint of Rhenish-Wine: Then take of Baum, Sage, Rhue, Red-Sage, Maiden hair, and the Leaves of Germand, each an ounce: bruise them and boil them gently in the Wine, till a third part be consumed, then add Pepper, Ginger and Nutmeg, of each three drams well beaten: and of Venice-Treacle an ounce: Lastly put in a quarter of a pint of Saffron and Angelica-waters, and Morning and Evening take a Spoonful to your great advantage: for thereby you will be eased of the oppression that Nature labours under, and be enabled to conquer the Disease.

Marmalade

*Marmalade of Prunes, Raisins, Currans, &c.
how to make it of an Amber Colour.*

Take your Fruit and steep them in a proportionable quantity of Water, till by being over a gentle fire they become soft and pulpy: then stone the Prunes or Raisins, and put them into as much Canary as will wet them: after that press out the pulp, and boil it up with some slices of Quinces: then strain it again, and put to each pound half a pound of Sugar, and half a pound of clarified brown Sugar-candy in Powder: and so putting the pulp, well mixed with the addition, and sprinkled with Rose-water, into a glazed pot, dry it a little in an Oven or Stove, and keep it for your use.

*A Perfume wherewith to Perfume any
Confections, &c.*

Take of Myrrh a Scruple, Musk the like quantity, Oyl of Nutmeg the like: infuse them in Rose-water, and with it sprinkle your Banqueting-preparatives, and the scent will be as pleasant as the taste.

How to make a Dish seem a pleasant Garden, or pleasant Hill of Fruits and Flowers.

Take a Dish that is some-what large, cover it with another of the like bigness, and place the uppermost over with Paste of Almonds, play'd with Red, White, Blue and Green Marmalade or Quiddany, in the figure of
Flowers

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Flowers and Banks: then take the Branches of Candied Flowers, and fix them in right in order, and upon little Bushes erected and covered over with Paste, fix your Preserved or Candied Cherries, Plumbs, Pears, Apples, Goosberries, Currans, and the like, each in his proper place: and for Leaves, you may use coloured Paste, Wax, Parchment or Horn: and this, especially in Winter, will appear not only glorious and strange, but even strike, if it be well ordered, admiration in the Beholders.

The Approved way to keep Goosberries, Cherries, Currans, Cornelian-Berries, Plumbs, Apples, Peaches, Grapes, and the like, all the Year, in their Substance, Colour, and proper Taste in order to make Tarts, &c.

Take Stone Bottles, glazed within and without: boil them well in fair Water, then dry them in the Sun: after which, having gathered your Fruit somewhat before they are ripe, take them free from Leaves, and with but indifferent Stalks, and put them whole without any bruising into the Bottles: then take fair Water, and boil it till no more Scum will appear: after that let it settle, and so draw it off, adding to each quart, a quarter of a pound of white Sugar candy Powder, and so boil it up again with a quarter of a pound of Loaf-Sugar, till it

more Scum will appear: then the liquid
part being cool, fill up the Bottles: after
which stop them with sound Corks: and
having pieces of thin and pliable Lead,
lap them over the Corks, and wyre it down
under the bearing or rising of the Necks, and
set them in a close Vault, and when you
open them, the Fruit will be fresh and
sound. Some there are that hold this may
be done without any Liquor; but this I
hold the best and surest way to preserve
them either from shriveling up for want of
moisture, or becoming musty.

To make a Frayse appear like Rashers of Bacon.

Take of fine Flower half a peck, mingle
the half by its self with Water and Butter,
and to the other add Milk wherein Turnsole
has been steeped, with a little of the Pow-
der of Lake; and having cut them out into
slices, fix a slice of the one to a slice of the
other at your discretion; and when they
are fryed gently, or rather baked, they
will deceive the most curious as to the sight
of them.

154 *Rare and Curious Receipts, &c.*

Curiosities, rare and new, for the Beautifying and adorning the *Female Sex*, with other Matters of moment.

To make a young Face exceeding Beautiful, and an old Face very Tolerable.

TAKE of Benjamin two handfuls, Scabious the like quantity, the Roots of Comfry a handful, Penny-royal and Rosemary, of each a handful: wash and pick them clean, then steep them a day and night in White-wine, sprinkling them afterwards with Powder of Myrrh: and put them into a cold Still, and the Water so drawn off will exceed any Wash in use, and not at all prejudice the party when he leaves it off, as those which are Chymically prepared do, by rendering those old and withered even in the prime of their youth who accustom themselves thereto.

A sweet Wash to cause the Body to cast a fragrant scent, when washed therewith.

Take Hyssop a handful, Baum the like quantity, Garden-Musk, and the Bloom of a Peach-tree, of each half a handful: infuse them, with the Powder, into Frankincense, and a small quantity of the Oyl of Spikenard, in running water, over a gentle fire, and so with the liquid part wash or bathe the Body, and it will over and above create a fresh and pleasant Colour.

An Excellent Oyntment to Beautify the Hands and Face, and take away any Deformity: Never before Published.

Take of the Oyl of Myrrh half an ounce, two ounces of the Marrow of Hogs or Calves-feet, an ounce of the Water of Tarter, and half an ounce of the Oyl of Spikeard: mix them well over a gentle fire, and allay their heat with two ounces of the Oyl of sweet Almonds: and being cool, point the Face or Hands therewith, and it will not only take away any Spots, Mornew, or the like, but create a lovely Colour, and render a pleasing or tempting fineness.

*Oh Pow'r, you Beauties, I thought fit to give,
That killing others, you might let one live.*

To make a rough Skin smooth, and Wrinkles disappear.

Take of the Oyl of Swallows an ounce, the like quantity of that of the Mandrake; half an ounce of the Oyl of Pomegranat, and half a pint of Ewes Milk: incorporate them to a moderate thickness over a gentle fire, and then add a quarter of a pint of the Cream of Almonds, and with it supple and point the rough part: and in so often doing, you will find it restored; as also the Wrinkles and wither'dness to be fill'd up andamp'd.

Rare

156 *Rare and Curious Receipts, &c.*

*Rare Experiments relating to Lawndring.
To restore Linnen that is scorched by hanging
or being too near the fire, &c.*

TAKE half a pint of Vinegar, two ounces of Fulling-Earth, an ounce of Hen's Dung, half an ounce of Cake-foam and the Juyce of two Onions: boil them to a thickness, and spread the substance Plaister-wise upon the scorched place, and it will (if the scorching be not quite through so that the threds are not dissolved) recover the Scorch, and render it, after a Washing or two, as before.

To make Cloaths that have been abused in Washing, Yellow or Mildewed, by lying in damp places, white and fair.

Take of the Oyl of Orpine two ounces the Water of Plantane the like quantity and of the Juyce of Burdock-roots two ounces: scrape into them half a pound of Castle-soap, and a quarter of a pound of the best Fulling-Earth, with a like quantity of Chalk: infuse them in hot Water and let the Cloaths soak in it over a gentle fire: and so washing them out in other Water, five or six hours after you will find them exceeding white.

The Judicious Midwife's Advice. 147

*To recover Lawn, Tiffany, Musling or Lace,
when they are faded.*

Take of the Water of Veryine a quart;
half a pint of the Water that distils from
the Vine, a handful of the roots of Prim-
roses, and as many Rosemary-flowers: add
to these a quart of new Milk; boil them
together, with the further addition of two
ounces of Allom Powder, and steep the
things therein a night and a day, by
which means they will in Washing not on-
ly prove much whiter, but contract them-
selves, grow stiff, and continue a gloss or
lustre, for a time, as if they were new.

C H A P. XVIII.

*The Judicious Midwife's Advice, or Directions
relating to the Delivery of Women in case of
Natural or Unnatural Births; dead Chil-
dren, &c. Also how they ought to be used be-
fore and after Delivery: With Excellent Re-
ceipts and Applications in divers cases; and
for Curing Distempers incident to the Sex, &c.*

AS for a Midwife, she ought to be well
qualified, knowing and expert before
she undertakes so great a Charge, not too
hasty, nor too slow in the performance of
her Office, and ever have the fear of God
before her eyes, as the *Egyptian* Midwives
had,

158 *The Judicious Midwife's Advice.*

had, when they refused to destroy the Hebrew Male-children, as regarding the Oaths on Earth, which is, no doubt, bound in Heaven. But not longer to prologue, shall proceed to the material matter: And first, what ought to be observed upon the lying down of a Woman in Child-bed.

If her Travail be hard and tedious, to enliven her Spirits, and keep her in heart, give her Cordial Essence, Syrups or Cordial Waters, such as are suitable on such occasions: She may also rake Chicken broth, seconded by a Poach'd Egg, or such like matter; not to excess, but moderately. As for the Postures in case of Delivery, few are ignorant of them; therefore, to avoid obscenity I shall wave them, and proceed to what is more necessary and material.

In case of Delivery, the Midwife must with patience expect the assistance of Nature, which on that occasion wonderfully operates, and not abruptly break the Membrane, lest the life of one or the other be endangered, unless a great necessity require it, but rather suffer the Child's head to come; and when that is done, and the parts come gently, draw forth the Birth, if it be the right way forward; if not, means must be used to turn it, as the motion of the Woman, and the diligence of the Midwife.

Wall

The Judicious Midwife's Advice. 159

walking up and down the Room, in this
case, if the Woman be able, is not at all
harmful, nor sudden turning her self, whereby
she may reduce the Infant to a right posture,
and so have an easie Delivery: For Chil-
dren in the Womb lying cross-ways or
crawling, not only occasion danger to the
Woman, and hard Labour, but sometimes,
by reason of an unskilful Midwife, Death
to the one or the other, the Natural Birth
being with the head foremost; and when
the Child is so taken forth, commonly with
the Face downward, lay it upon its back
for the advantage of respiration, and then
with an Instrument very sharp, let the
Midwife cut the Navel-string about four
fingers from the fastning, tying that that
remains, with a piece of silk string; cover
then the Child's Head and Stomach, not
suffering any thing to press the Face.

The Child being thus ordered, let the
Midwife commit it to the Nurse, or the
Woman that assists, and take care of the
Woman in Bed, in taking from her the Se-
condine or After-birth with care and cau-
tion, which is easiest done, they being con-
nected Membranes, by easily moving till
they are effect the rest; and if there appear
difficulty therein, many are of the opini-
on that the Womans holding Salt in her
Hand

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Hand: fast grasped, it is much available facilitating the business. Breathing hard or rather straining when the Breath is held is another expedient; or by straining Vomit; all being helps to Nature: But these prove ineffectual, the scent of *Asa-Fetida* is an Expedient, or drinking the Juice of Elder, especially if the Woman be troubled with the Wind-Cholick, clearing the Belly is not the least expedient to forward the matter, for thereby the Wind that obstructs is dispersed or expelled: If these fail, the Midwife, by her discretion, must gently draw them forth.

Many births there are that are called Unnatural, because they by accident, or the evil situation of the Womb come not forward the right way, some lying cross, others with their Feet downward, others sprawling; some with their Necks bowing and others with their Arms stretched out, so that they create great pain and trouble. Therefore of these I shall speak and give Instructions to those of the Profession that herein are ignorant.

In many of these cases, great caution must be used to turn the Child, not only in the motion of the Woman, but by Force and Tations, if occasion require, and by the hand of the Midwife, either to turn the

The Judicious Midwife's Advice. 161

Child in the Womb the right way, or to extract the Members, that it may be brought forth by dilating the Womb, and thereby making sufficient way to do it, removing what obstructs the passage; and being by degrees brought the Infant into a convenient posture if it may be, tenderly move it, the hand being before that attemptointed with Pomatum, the weakest, or what is more convenient, fresh Butter; letting forth the Waters, if they are not come down; and whether it lie cross or sprawling, feel for the feet; and having gotten them, by degrees draw the Infant gently forth, encouraging the Woman to strain, and giving her leave between whiles to breath; and that in such a case the hold may not fail, a Linnen Cloth about the high of the Child will not be amiss; and after the Birth, do as in case of a Natural birth.

If a dead Child be in the Womb, and the Nature be deficient, as in that case mostly tis, Art must be used, and the Child, if it cannot be otherwise, must be drawn forth with an Instrument hooked and fastened in the Scull by the Eye-hole.

This likewise must be done with caution, and the Woman after it carefully regarded; encouraging her, and not being dismayed

at

at any cross accident, but rather recollect her Senses, that she may be the better able to perform her Office; Wit in the great Exigencies, being most needful: And when she is eased of her burthen, give her for further comfort a Toast in Ipocras or Canary; or in case she cannot be delivered with conveniency, the better to inforce, let her take the following Drink.

Cut blue Figs six or seven; Mugwort, Seeds; of Rhue and Fenugreek, of each three Drams; Water of Penny-royal and Motherwort, six ounces: decoct them till half is consumed; strain them and add of Saffron 3 Grains, and the Trochises of Myrrour Dram, and a Dram of beaten Cinna- Sweeten the liquid part, and suffer her to drink it hot.

Resting a while, let her again try her strength, but not put it out to extremity lest she become too feeble; and then if she be not eased of her burthen, it will not amiss to make a Suffumigation of *Opoponax*, *Castor*, *Sulphur* and *Assa-fœtida*, of each one Dram beaten to Powder, and wetted with a Stiffness, with the Juyce of Rhue, burnt Milk, a Chafing-dish of Coals, and the smoak to pass through the narrow end of a Funnel, to affect the Matrix only, and so wait a good time.

A Woman being Delivered, either of a Natural or Cross Birth, it will be convenient, if she have had hard labour, to wrap her in the Skin of a Sheep, the fleshy side being warm towards her, especially to her Reins and Belly: or for want of it, a Coney or Mare's Skin newly flea'd and warm, chafing her Belly with Oyl of St. *Johns* Wort; and washing her Back and Belly with fine Linnen a quarter of a Yard broad, covering her flanks with a Quilt or little Pillow, applying warm cloth to her Nipples, but use not presently striving by any Application to drive back the Milk, lest it cause an Inflammation by the continuing of the evil humour; twelve hours at least, being allow'd by Physicians for the circulation and settlement of the Blood, and what was cast upon the Lungs by vehement agitation; for in this case Nature is wonderfully out of frame, there not being a Vein nor Artery but what is stretched and moved.

About six hours after Delivery, or less, a decoction may be made of the yolks of two Eggs, a pint of White-wine, a quart of Milk, of Oyl of St. *John's* wort and Roses, each an ounce; Plantain and Rose-water, each the like quantity: mix them well, and dip a cloth into them folded; warm it and apply it to the Breasts, and it will much ease the pangs.

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To sleep immediately, though the Woman be inclinable, is not at all convenient; for hours after Delivery give her Caudles and nourishing Liquids, and let her sleep if she is minded: And in case of a Natural Birth no more is required, unless some more than ordinary Indisposition happen.

But in case of Unnatural Births, or extremity, other things are to be considered; as to observe a temperate Diet, which must consist for the first five days of Panado's, Broth of Jelly of Chickens or Calves-feet, poached Eggs, French Barly-broth, &c. And as she strengthens, so let her increase her eating. If no Fever afflict her, she may, as she has occasion, drink Wine moderately, Syrup of Roses or Maiden-hair, and such-like Astringents: And so the danger being past, Broth of Meat, or Meat it self, will not be amiss, that she may the better recover her strength. The Eighth day being the soonest to venture on them, the Womb then, for the most part purging it self; avoiding, as much as may be, sleep in the day time. And in case of Constipation, or the like Obstruction, which too frequently happen, a Clyster of mollifying Herbs are a present removal: and in such cases, and many other, what follows is held material.

Marsh and Field-mallows, Pellitory of

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Wall, Chamomil, and Melilot-flowers, of each a handful : boil them in Water wherein a Sheeps-head has been boiled ; strain them when boiled, and into a quart put an ounce of course Sugar, and as much Honey, with an ounce and a half of fresh Butter ; and if it operate not to the purpose half an ounce of *Catbolicum* will not be amiss.

It is useful for Women to Wash after Delivery ; and how to make these Washes, not being Vulgarly known, I shall give directions.

For the first Wash, Take a handful of Chervil ; which being boiled in a quart of Water, add a Spoonful of Honey of Roses, and wash with it Eight days, and then use another, *viz.* Take red Roses, put them in a linen bag, boil them in half a pint of Water and as much White-wine ; strain the liquid part, and use it. Some require a third, and that may be made of the Decoction of Roses, and a pint of Myrrh-water.

To make Astringents useful on this occasion, Take the Seed of Pomegranate, Roach-mom and Galls, of each two ounces ; Red Roses, and the Roots of Knot-grass, of each four ounces ; the Rinds of Pomegranate and Cassia, of each three ounces ; Water-Roses, Myrrh and Burnet, of each an ounce ; half a quart of White-wine : and of Smith's-

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Water a quarter of a pint. Take two b
of a quarter long, and half the breadth : b
them in Water, with the Drugs &c. and a
ply them successively, as is convenient. T
make an Excellent Plaister, Take Venice
Turpentine, *Sperma ceti*, Rose and Plantan
water, of each an ounce and a half, with eig
ounces of Bees-wax : bruise and melt the
adding an ounce of white Lead : make
Plaster of it, and apply them to the Be
and Nipples, anointing them first with *S
ma ceti*, and it will remove the Inflammat
on, and afford much strength,

Cleansing before rising being convenient
I shall not omit to give Directions, as the

Take half a pound of bitter Almonds
blanch them and beat them into Paste, w
Powder of Grise, and the yolk of an Eg
put it into bags of Shammy, and dip it i
Red wine, and apply it to the places wher
the Cere-cloth was taken, and wash it in
Wine wherein Orange-flowers have be
steeped.

To prevent the curdling of the Milk in
Breast, Boil the Roots of *Althaea* in Wh
wine-Vinegar, strain the liquid part thro
a Sieve, adding Bean-flour an ounce,
of Mastick two ounces, Powder of d
Mint and Rhue, of each a dram : make
into an Oyntment, and anoint the Bre

To dry up the Milk, many ways are used, but this the best, *viz.* Take new Honey, the Juice of Spare mint and Shepherds-purse, each an ounce, and put half an ounce in Chicken-broth each morning.

To remove a pain in the Breast, Take two ounces of Bees wax, Oyl of Nutmeg and Rape-oyl, of each half an ounce, make them into an Oyntment; spread them Plaster-wise, and apply them to the Breast.

In case the Belly swell, which after Delivery often happens, Take Barley and Bean-flour, finely sifted, of each four ounces; half a pound of Spanish Figs; of the Powder of Brick, two ounces; one ounce of Cyprus-nuts: boil them well in the Water of a Smith's Forge, and apply them as a Liniment to her Belly.

If an Inflammation of the Breast happen, make a Cataplasim of the Leaves of Melilot and Night-shade, each a handful, boiled in Spring-water; adding two ounces of Bean-flour, of Oyl of sweet Almonds and Oat-meal, each an ounce, and make a timely Application.

To cure a Tumour in the Breast, which proceeds from a thick and unnatural Vapour arising from the Menstrual Blood, the Woman must be moderate in Diet, drinking Water wherein Cinnamon and Aniseeds have
H 3 been

been Concocted, as likewise the Rind of Citron: observing evermore to take such things as are proper to provoke the Courses: as the Juyce of Celandine, Groundsel, Chamomil, and Ground Ivy boiled in White-wine: and in often so doing you will remove the pain, and render ease to the part.

If it happen that the Woman after her Delivery be very weak, then, to prevent her much striving, the Nurse, with other help, must turn her as occasion requires, lest the whole frame being out of order, the dispersed humour gather to one place, and create a relapse, which is very dangerous: notwithstanding, for a farther prevention of it, she may take at the end of Three days the following Cordial, *viz.*

Take of the Syrup of Violets half an ounce, the like quantity of that of Citrons: add to these, two drams of the Powder of Rhubarb, and an ounce of Treacle-water, with as much *Diascordium* dissolved in it as will lie upon a Six-pence: and to all these add half a pint of Hyssop-water, and let her take an ounce at a time, and after it some Broth or warm Posset, the Midwife being ever careful that nothing of the After-birth remains, lest thereby Fits and Obstructions may be occasioned.

The Woman in this case ought likewise to be very careful of her self, till the Body,

that

by any violent or unnatural Birth especially is much distempered and disordered, and in good temper; for often by too timely rising and stirring, the cold has opportunity to penetrate and settle in the open parts of the joynts, causing numbness and pains in limbs, and sometimes by such violent intrusions ferments the Blood to the degree of a Fever.

To prevail against which, Take of the powder of Elecampane an ounce, Conserva of dried Roses two ounces, Pomegranate-seeds beaten to Powder an ounce: dissolve them in White-wine, two drams or somewhat more at a time, and drink the Wine as warm as may be convenient.

Rare Experiments in Cookery, also in Dairying.

To roast a Salmon whole the Italian way.

TAKE a middle-siz'd Salmon, draw him, and scrape off the Scales, drying him without and within with a cloth: Then take one grated Bread, grated Nutmeg, the juyce of sweet Marjoram, Currans and Butter making them up with new Milk into a Pudding, the which you must thrust in at his Gills, till the Belly be pretty well stuffed: then with white Filleting bind him to the Spit; and at first baste him with a little Salt and Water, then with Verjuyce and Sugar,

and lastly, with Butter and red Wine beaten up together: when being enough, open his Belly, slit him in two halves, and lay the Pudding one half on one side, and the other on the other side, and serve him with a Garnish of whole Spices and Anchovee-sawce.
To roast a Turkey, Swan, Heron or Bittern the French way.

Draw your Fowl, put sweet Herbs, shread into a Linen bag, with Butter and Spices; put that into its Belly, then with hot water baste it till it is in a manner parboiled on the Spit; after that dry it with a cloth, then baste it with Butter and Ginger till it is roasted, and serve it up with Butter, Anchovees, and the sweet Herbs; Garnishing the dish with Lemon-peel and green things, &c.

To make a Spanish Syllabub the best way.

Take new Milk a gallon, the Flour of sweet Almonds half a pound, Rose-water two ounces, Lime juyce half a pint, the Juyce of Straw-berries or Raspices a pint, and a quart of Canary-wine, with two pounds of Sugar; beating them and stirring them together till they froth and become of a pleasing colour.

The Dutch way to make Orange-Butter.

Take new Cream two Gallons, beat it up to a thickness, then add half a pint of Orange-flower-water, and as much Red-wine

and so being become the thickness of Butter, it retains both the colour and Scent of Orange.

C H A P. XIX.

Miscellany of many Curious Experiments, not only pleasant but profitable and advantageous to the Female Sex, being never before published in this Book.

To make artificial Pearls.

TO do this, take the largest and fairest Seed-Pearls, bruise and dissolve them in Allom-water; then make them into a Paste and wash it gently with distilled water of Scabious; then wet it again with Bean-flour water, put it in an earthen Vessel close stopped and digest it in Horse-Dung fifteen days; then form the Paste of this Composition in a Silver Mould suitable to the largest Pearls in use, bore them with a strong Hogs Bristle when they are pretty moist, hang them then on Strings in an Ambbeck close stop'd to dry; then wrap them severally over with a little Gold in Leaf, and put them into the Belly of a Fish called a Barbel, put the Fish into an Oven in a Paste of flour, and being so baked, they will come out bright and shining, appearing as well as the natural Pearls and currantly pass for them.

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To make artificial Sapphires.

Take white River-Crabs, and calcine them till they look red in the Fire, quench them with strong Wine-vinegar, repeat it six or seven times, then reduce them to Powder in a mortar of Iron, and so put the Powder into a Crucible, with the weight of the Crabs and Moss of Tartar which must be thus ordered; calcine the Tartar in a Crucible, and put it in a moist place in *Hippocrates's* Sleeve, and in the bottom of the Sleeve there will be gathered Moss which the Tartar makes in liquifying and turning into Water; then cover the Crucible, and set it to dissolve for the space of four hours, and when it is digested harden it, and having formed it into the likeness of the natural Stone polish it.

To make yellow Amber white.

Take a pound of yellow Amber and put it into a Crucible of Earth made very strong, add to it two Pound of Sal-Gem or Spanish Salt, and pour upon them as much Spring-water as will dissolve Salt, put then more Water and let them stand over a Fire in an Alembick without a Neck four hours, and the Colour of the Amber will be changed to a perfect white.

To make a Varnish as bright as Glass.

Take a quarter of an ounce of white Amber,

Amber, Gum-Lack two drams, Oyl of Turpentine one dram, Litharge and Linseed Oyl as much as will make it into a Varnish, and in this Case to well mix it take a Pot of Glasse and put into it a quantity of Linseed Oyl, and let it boyl, till putting a Feather into it it shrivel it up, then melt the Amber over a fire in a clean earthen Pot, and put it into the Linseed Oyl; melt the Gum-Lack in the Oyl of Turpentine, which pour into the same Pot, then being well mixed, strain them together through a Cloath, and with it varnish Frames, Leather, or what else is convenient to be varnished.

Artificial Coral.

Take the Horn of a well grown Ox, rasp it small and put it into a strong Lye made of the Ashes of Ash-wood, digest the Horn therein five or six days, so take it out and add some Vermilion dissolv'd in water; put it over the fire to thicken, then your Figure as you please in Molds, then burnish it with a smooth piece of Ivory or a Dogs Tooth.

To keep Roses all the year.

Take the Buds of Roses when about to blow, cut them from the Bush with a knife not touching the Bud with your Hand, lay them all night so that the Dew may descend

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scend upon them and in the morning place them the Stalks downwards in a Glass Vessel, cover them close and bury them in dry Sand, and they will keep all the Year fresh and fragrant.

To turn Brass to a Gold Colour.

Mingle Sal Armoniack with Spitle in a mortar till it become of a liquid quality, or like an Ointment, rub over the Brass with it, then put it into a wood fire till it glow, so take it out and rub it hard with a dry Linen Cloath and it will appear like Gold, and continue the Colour a long time.

To varnish a Gold Colour.

Take Sandrack two ounces, Litharge of Gold one ounce, the finest Linseed Oyl four ounces; boil them in an Earthen glazed Pot till they rise up, and with it varnish any metal, and it will appear like Gold, also Wood that is overlaid with Leaf-Silver or Tin.

To whiten Copper.

Put a piece of Copper into a Crucible with Sal Armoniack, Alom and Borax, quench it with the juyce of Sorrel or Sorrel-water, and it will become white as Silver.

Writing that cannot be read but when dipped in Water.

1 To do this take the juyce of Spurge
Alom

Worm-water, dry it after it is written, and
it cannot be read till wetted in fair wa-

To make a Fire that will burn under Water.

Take three Ounces of Powder, Salt-peter
one ounce, Sulphur vivum three ounces;
beat, sift and mix them well together, and
in a Past-board or Paper Mould with the
composition, and it will burn under the
Water till quite spent; and by this many a
Wager may be won, for few will believe
before they have seen it experimented.

*How to represent the four Elements in a glass
Viol and Colours of the Rain-bow.*

First colour Aqua Vitæ with Turnsole
to represent the Air; then take some of the
Ethereal Oyl of Turpentine, which dye
of a Fire-colour with Saffron; then some
Alkanet and Tartar, to which add a little
Lapis Lazuli to give it a Sea or Water-
colour; and to represent the Earth, a little
bruised dark Enamel; and if you stir them
a little there will be the proper representa-
tion; for these Liquors never mix, and if
you would represent the Colours of the
Rainbow, on any Water, sprinkle a little
Nut-oil on it, and the Colours will appear
very glorious.

To melt Metal in a Nutshel without burning it.

Take Salt-peter two ounces, Sulphur
half

half an ounce, the Sawdust of Oak, Walnut, or any other dry wood very fine mix them well beaten together and sift through a fine Sieve, fill a Nutshell with this to the edge, and then put in a piece of Gold, Silver or other metal upon it, so much as will cover the Powder, then set fire to the Powder that is under it, and the Metal that is under the two Powder will melt and remain at the bottom of the Shell, that remaining whole to admiration.

To make the Perpetual Motion.

Put very small Filings of Iron into Aqua-fortis, and let them remain there till the water has taken the quantity of the Iron that is requisite which will happen in seven or eight Hours; then take off the Water, and put it into a Viol an Inch wide with a large mouth and put in a Stone of Lapis Calaminaris and stop it close and the Stone will keep in perpetual Motion in it.

To make Writing vanish and appear again.

To make it vanish Take a Pound of Tartar, dissolve it in running water, filter it, and when you would make use of it strike it over the Writing and it will suddenly vanish. Then to restore it again take an ounce of white Vitriol dissolve it in a Pint of Water and filter it, and in striking over the Paper or Parchment, in a

At the time the Letters will all appear as before. This is an excellent Secret for those that are intrusted with private affairs.

To hinder Oyl from smoaking when you burn it in Lamps.

To do this put some of the Juice of Onions under the Oyl, which may be done, for the Oyl will certainly float above it, and so you will find that it will emit no manner of Smoak or Fume

To wash old Paintings, and give them a good Gloss.

Take an ounce of Tartar, and as much white Glasswort, boil them in a pint of water till half be consumed, with which, finely strained, rub over the Painting with a soft Brush or Sponge when it is Luke-warm; then immediately wash it with warm and fair water, and wash it over, and it will look as if it was new drawn.

To varnish Paintings and set a Gloss on them.

Take an ounce of the best Venice Turpentine, an ounce and a half of the Spirit of Turpentine, three or four ounces of drying Varnish; mix these in a glass Viol and dissolve them in Balneo Mariæ, and when it is cold strike it over the Picture with a soft Pencil and it will restore its fading.

If you would cleanse Paintings, rub them over with a Sponge dip'd in Lee made of Vine.

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Vine-ashes, or mix equal parts of it with Urine.

To restore the faded Colour in Turkey Carpets, &c.

Having well dusted them, take out the Ink-spots, if there be any, with Limon-Juice, and let them soak well, then wash them in fair water and strike the back-side till all the water be out, and being dry, take the Crumbs of white Bread hot and rub hard over it; then in a fair night or two hang it out to air, so that the Dew may fall upon it.

A curious way to make Plaister or Wax Figures, resembling Life.

Having a Figure ready to mould, Oyle and take off the hollow mould in Plaister, in the following manner.

When it is Oyled, lay it on Porters Earth, then make choice of such part of it as you conceive most convenient to take off, and there make an Edging or Bordering of the same Earth. Then cast your Plaister when it is well tempered, and when the part is well taken, lift it up in as few pieces as you can, make some little Notches with a knife when you have anointed them with fallen Oyl, and so put them exactly together again: then make an Edging or Border of the same Earth, in the place from whence

you took that part of your Figure, then cast your Plaister as before, so lift up the pieces to repair it, and put it in it's place, continuing to do thus till the whole be finished, and when it is well dried, dress the outside of your Mould with a Knife, or other piece of Iron; and when thoroughly hardened mark the pieces one after another: Let them leasurely dry, and then join the eye them together with a cord, and by this means you have a hollow Mould of Plaister, which, according as Figures are, more or less easy, may be made of three, four, six, eight, ten, or twelve pieces.

The Mould being thus prepared, oyl it till it will receive no more, and dry it with cotton, then with fine packthread tye all your pieces together, and at your discretion find out the fittest mouth or hole for a casting place. Then melt your wax, that proves not too hot nor too cold, run it into the Mould, and if your Figure be small stop it, then after a little time take out the stopple of Earth, you stopped this mouth of the Mould withall, and all on a suddain turn the Figure upside down, that the remainder of the Wax may run out, and when you think it is cold, open it and you will find a hollow Figure of Wax proportionable to your Mould; if it be too thin leave

leave the overplus Wax longer in the Mould, if too thick take it out sooner.

To make a Casing, or Facing for any Figure of Wax.

Take Founders Earth and steep it in an earthen vessel in fair water, then pour it by inclination into another, so that the gross part may remain in the bottom of the first, and when it is settled pour off the water, and add to it some Bonn; mingle them together with a large pencil, and give a smoothing lay of this Earth upon your Wax Figure, and when that is dried, repeat it in the like manner to a sixth time, then being dry, strengthen it with Pottery Clay beaten with Hair. Then put your Mould over the fire on Iron rods in Form of a Grid-iron, and be careful that your Wax boil not within the Mould least it break; let it lean on one side that the Wax may run out at the casting place, so that none be left behind, then heat your Figure at a small fire so that it be thoroughly penetrated, and into this Mould set it in sand, pour any Metal or what is to be melted, and will run liquid, and then breaking off the Mould, you will have the perfect Figure of what ever you desire, without seam or mark.

into a covered dish; bluish-grey of old salts, mixed

To cast the Mould of the Face to the life.

Take a little brush or pencil, lay warm
grease on the Hairs, or Eyebrows, The Fore-
head all along the root of the Hair, and
Chin. The Person whose Physiogno-
my you are to take, laying on the Back,
Face compassed about with a rowled Nap-
er, to hinder the Plaister from falling into
the Neck, or Hair, your Plaister not being
too thick nor too thin; So that laying it
with quick dispatch, you may soon have
it done. Begin to lay it on at the Forehead,
and lay it by degrees all along the Face,
except at the Nostrils, which you must not
touch: Charge your Mould with as much
thickness as it will bear; and if the Plaister
is good, it will presently set. So take it
away off, and you have the Mould of the
Face to the Life, if afterwards you open
the Eyes, and frame the Nostrils with a re-
sisting Tool.

To cast Hands to the Life.

Grease your Hands, and place them in
that posture you think fit, then proceed
before, putting little boards, greased, to
divide the several pieces: And in this man-
ner, the famous Wax works, and Plaister
works, so much in esteem, are composed
and finished; and by the same Rule, Birds,
Fishes, Fowl, Fruit, Flowers, &c. are
made Artificially.

To

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To cast a Medal, that shall seem Transparent.

Take a Medal, or piece of Carved wood, and mould it off in prepared Earth, this will be done well in a pair of Flasks, then raise the Edges of it, near a quarter of an Inch thick about the Figure, or as much as you see convenient, and for clear Amber, take Venice Turpentine, put it into a well leaded Pot, and boil it over a gentle fire, considering a drop fall from your Knife, it becomes hard when cold, till it cannot be well broke with your Nail, then cast it into the Mould, and you will have a Transparent Medal of Amber colour.

The like is done for a Ruby, by mixing the powder of fine Lake, with your Venice Turpentine, and casting it as the former.

For an Emerald, colour it with Verdigrise: For a Coral, with Vermilion: And if you would have it a Jet Colour, colour it with burnt Ivory, and Lampblack, do this proportionable till you have the colour come fine.

To imitate Inlay of Marble on Wood.

Beat the yolk of an Egg in fair water till it be thin enough to Write with, take a fine Pencil, and with it vein the Wood as your fancy leads you; or as you ought to imitate Natural Marble: This being done, take slacked Lime, and Urin, mix them

get lead

ther to the thickness of Mudd, lay it on the Wood with a fine Brush over the veins, when it is dry rub it over with a Brush, then with a clean Cloath: Burnish and burnish it, and it will be a very curious piece of Work.

To make Wood of the Colour of Gold, Silver, Copper, or Brass.

Take Roch Chrystal, and beat it fine in mortar, then with fair water grind it on a Marble stone, put it into an Earthen Pot, with a little Glew, warm it and lay it on with a Pencil, and when dry, Polish it with a piece of smooth Ivory, rub it over with Gold, Silver, or Copper, and being polished it will retain the same colour.

To discover Gold, under Black, or Indian work.

Lay on leaf Gold with fine Glew, let it dry and burnish it, then grind Lamp-black with Nut Oyl, adding as much Umber as Black to make it dry, and then as much Oyl of Spike, as Nut Oyl, which being well ground and mixed, lay with a light Pencil very thin over the Gold, and let it dry four or five days, or as you shall perceive the Gold to appear more or less, bright and shining, and then having tried to draw your designed Figures on the black, with curious stroaks of white, with a white lead Pencil, fine French Chalk, or white water

water colour, let it dry, and then with Ivory point, a little blunted at the end, pass over those stroaks, till penetrating the black, you come at the Gold, so that without wrinkling or breaking you may make appear in the finest stroaks, and so the black will appear, as if it were Inlaid with Gold, and thus you may do by any other colour following the same measures, to make them look like curious Indian Japan work, or Gildings.

How to draw Figures with Shell Gold, on black Ground.

If you would make a Grotesk-work with Shell Gold, or Branched-works, or Figures on blacked Wood, Earth, or Metal blacked as before: always heightening the work and shadowing it, so that in this manner the Gold, or Silver, may be burnished with a Dogs tooth; Especially if it be Grotesk or other Branched works which are not usual to be shadowed: so that having the Freeze of a Picture frame covered with white, and then black, well burnished, then draw thereon Moresk-works, with Shell Gold, or Silver, dissolved with a little Gum-water, your Gold being thick enough, and afterward burnish it with the tooth, and it will, if well done, appear very curious.

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How to grind Gold to lay on Figures.

Reduce a piece of Gold into small file
st, grind it on a Marble-stone, and when
is very well fined, wash it in a shell till
the water be clear, then with fine Glew,
or Gum, lay it on the Size where you in-
tend it should be fastened; you may also
melt Gold with Quick-silver, and Evapo-
rate the Mercury by encreasing the heat,
and when it is cold beat it in a Mortar: and
when cold lay it on the Size.

How to Bronze.

Having first thinly Plaistered your Fi-
gures with white, very smooth, grind
Chrystal and Touch-stone with water,
temper it with Glew, and so lay it on your
work, and here instead of burnishing, rub
the Figure with that Metal, of which you
would have it the Colour, and it will take
very curiously.

*To colour Leather black, as it is ordered in
Germany.*

Take two pound of the Bark of an El-
der-tree, the filings of rust of Iron as
much, steep them in two gallons of River-
water, and put them in a cask or earthen
vessel close stopped, to stand for the space
of two Months: then put to the liquid part
well pressed out, a pound of Nutgalls bea-
ten into powder, and a quarter of a pound
of.

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of Copperas, beat them over a fire, and press out the liquid part, and brush the Leather over three or four times, and your Expectation will be answered.

To make white Leather blue, like Turkey Leather.

Take a quart of Elder-berries, strain them and mingle with the liquid part a little Biss, boil them up with half an ounce of Allom: and as much Indico, then brush over the Leather as the former, and when dry polish it.

To colour Leather Red.

Rub it first over with Alom-water, then with stale Urine, and Skum it till half be wasted; put then to it an ounce of fine Lake, with as much Powder of Brasil-wood, an ounce of Alom, and half an ounce of Sal Armoniack: mix them well and keep them stirring over a gentle Fire about two hours, then squeeze out the liquid part and use it as the other.

To gild Leather.

Take Glare beaten fine from whites Eggs, or, for want of it, Gum-water, and run over your Leather with a soft Brush very even and not too much; then lay on Leaf Gold or Silver, and when it is dry burnish it with a piece of polished Ivory or a Dogs Tooth.

A speedy way to whiten Cloath.

When it is well bucked spread it on the
rals, sprinkle it with Alom-water and let
continue for three or four days, then buck
again with Soap and Fullers Earth, u-
ing it as before and it will be exceeding
white and much thicker than it was.

To dye Feathers black for Tippets or Caps.

Scour them well in a Lather of Soap and
Pot-ashes, then put in two ounces of Co-
ras, six of Nut-Galls bruised, to a gallon
of water, add a few Pot-ashes, and when
consumed to three quarts strain it, then put
your feathers and it will give them a
various glossy Black.

To colour Gloves and perfume them.

Take suitable Colours to what you in-
end; if you design them dark or sad Co-
our, take Spanish brown and black Earth;
light Yellow, Oaker and Whiting, and
of the rest: mix them with a moderate
ize and daub them lightly over, so that it
be not thicker on one part than in another;
then, being dry, beat out the Superfluities
of the Colour, and smooth them over with
stretching or sleeking-stick, putting them
to their proper shapes.

Perfume them by gently or lightly rub-
bing them with Ambergrise and Civit each
dram, Orange-flower Butter a quarter of

an ounce, all well mixed and tempered
do it with Cotton-wool and so press the
Perfume into them.

A Perfume to drive Vermine out of a House

Take Burgundy Pitch an ounce, Brimstone half an ounce, Storax a like quantity
Powder of Mother-Ambler half a dram
beat them and mix them well together
sprinkle them on a Chafing-dish of Coals
and wherever the Scent comes, the Mice
Rats, Weasles, &c. will avoid the house
also Fleas and Bugs will die, and Flies not
frequent the place.

To make Copper Vessels, &c. of a Silver colour.

Take Bay Salt, Alom, and Wine-stone
grind them to Powder, and add in the
grinding some Leaves of Silver, put them
into an earthen Pot loose; put your Copper
into it and burnish it over with some of the
Powder and it will look like Silver.

To cleanse dirty Gloves without wetting.

Lay them on a clean Board, mix dry
Fullers Earth and Powder of Alom, pass
them over lightly with an indifferent hard
brush and if they be not very greasy
cleans them without the danger of shrinking
by wetting.

To work Flowers, &c. in Silk or Silver.

Take raw or fleshy Silk of sundry Colours,
proportioned to what you intend

comb it out clean from Dross or Knots, the twist and mingle the Colours by placing them on Wires according to the natural form of the Flower intended: comb them then out and fashion them exactly with your Scissers and Needle; dip them in Gum-water, just drawing them through, and when they are wet open them with your Fingers, and set them to dry in the shade, and in that form they will remain very pleasant and delightful: and in this manner you may perform them single or on a branch with futable Stalks; and so make all Fruits by a futable mixture of Silk, Silver, &c. as their natures require.

To make the white London powder Ink.

Take Gum-Sandrack two ounces, beat it well into Powder, sift it through a fine sieve, with a like quantity of Chalcantho, so called by the Latins and of which you may be furnish'd at the Druggists: mix the Powder, and less than half an ounce of this in a Pint of Water, will make very curious Ink in a short time.

To make one that is hoarse speak with a clear Voice.

Take the Flowers of Elder, dry them in the Sun till they may be beaten to Powder keep that Powder in a Glass, and when you

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would use it, take a dram in aglafs of White-wine in the morning fasting.

A new way to take the Impression of any Seal.

Melt a little Brimstone and cast into it Ceruse or white Lead, put this mixture on the Seal, strengthening it with a small piece of Paper bigger than the Impression is, and being cold, take it off, and you will find the Print of the Seal thereon, which being pressed on Wax, not too hot, will give the like Impression to it.

To write a Letter secretly that cannot be easily discovered or suspected.

Write your mind on one side of the Paper with common Ink, and on the other side with Milk against the other Letters which is that you would keep secret; and when you would have it to be legible hold the Ink-side to the fire, and the Milk thereupon will shew blewish plain enough to be read.

To soften Steel or Chrystal.

Take a pound of unslacked Lime, as much Pot-ashes, make a Ley of them and put the Steel or Chrystal into it twenty four hours, and they will easily be cut or ordered any ways to your mind and so of most other Metals.

How

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*How to separate Gold and Silver from
other Metals.*

Take Mercury and put it into a refining
Pot, set it on the Fire and add some Var-
nish, Glass beaten to powder, and being
thoroughly mixed, lay it in the Powder upon
the Metal gilded or overlaid with Gold
or Silver, and by laying some Coals hot
under it, it will take off the Gilding, and
render the metal as if it had never been
gilt and this Gold or Silver, if of any value,
you may save by putting Quicksilver to it,
which will attract it unto a Body by it self.

*To make Melons, Cucumers or the like, ripe
by Art.*

Boil Wheat Bran, in water and a little fine
Mold, and water the roots of the Plants
with it morning and evening, setting them
in hot beds and covering them from Colds
or Blasts, with Straw, Glasses, &c. and so
they will grow and be ripe a great deal
sooner than any other that are not thus or-
dered.

To take away Spots occasioned by the Small-pox

Take half an ounce of Coperas, dissolve
it in the Juice of Limons; anoint the place
with it warm and the pits will fill up and
redness disappear.

To make a Watch-candle to out-last three others.

Take a Vessel of Water and set on a

convenient Stand, then fasten about the weight of a Farthing to the Bottom of the Candle, it being flatted, with a little Clay, and so putting it into the water it will be upright, but the Bottom of the Candle must not touch the Bottom of the Vessel within an Inch; so as the Candle wastes it will by reason of the loss of its weight, still rise up and keep its Light; and one burnt thus, if it be of proportionable Length, will burn a great while by reason the Coldness of the Water hinders the Tallow in a great measure from wasting.

And thus have I performed my Promise in this kind; from whence I shall proceed to the Second Part.

THE

THE SECOND PART: OR,

Appendix to the foregoing Work.

Containing Directions for Behaviour, as to what relates to the Female Sex, on all Occasions, &c.

The Author's Admonition to Parents, or such as have the Tuition of Children, &c.

AMong all the Temporal Blessings, God out of the Abundance of his Bounty and Goodness has bestowed upon Mankind, Parents, in Dutiful and Obedient Children, have the greatest: Great indeed it is to have Children, and so it was held and acknowledged by the Fathers and Wise-men of Old; insomuch that Barrenness was not only looked upon as a Reproach, but a more immediate Mark of Heavenly displeasure. Sarah's heaviness was turned into joy, when Isaac was Born. Rachel was so impatient, that she desired Jacob (as not considering they were the immediate Gift of the Almighty) to give her Children, or she should die. The Mother of Sampson, when the Angel told her (who had, it seems been a long time Barren) that she should conceive a Son, greatly rejoiced.

Hannah praying before the Lord with an upright Heart, and pouring out her Supplications to him to take away the Reproach of her Barrenness, her Petition answered in bringing forth Samuel. Great was the joy of Elizabeth, the Wife of Zacharias, and Mother of John the Baptist, when she found she had conceived; insomuch that she cried as in a Rapture, Thus hath the Lord dealt with me in the days wherein he looked on me, to take away my Reproach amongst men. And one of the chief Blessings the Kingly Prophet pronounceth to the just and upright Man is, That his Children shall be like Olive-Branches round his Table. If the having Children creates such joy, how ought it to multiply in the Hearts of Parents, who are appointed by God to watch over them for their good, when through their encouragement and industry they see them arrive in some measure, to a perfection, in the knowledge and practice of Divine and Moral Virtues, whereby they are rendered not only capable of an Immortal state, but of gaining a good Repute and lasting Memory amongst Men: The consideration of which, doubtless, made Solomon deliver it as a Maxim, That, A wise Son made a glad Father. And in this case Children are more bound to their Parents for their Education, than for their Bearing them: Nor is it a Duty less incumbent on Parents in the discharge of their Duty towards God, to see to their utmost, those Children

Children he has intrusted them with, as pledges of his kindness, brought up in his fear, by a timely reasoning them in the ways of Virtues, than it is on the Childrens to make grateful returns and acknowledgments for the care and cost they have bestowed on them, in nurturing and bringing them up; imagining, that upon the receiving of every such blessing, they hear the Almighty Donor speaking as Pharaoh's Daughter did to the Mother of Moses, Take this Child and Nurse it for me, &c. These things rightly weighed and considered, may induce those Parents, who would be happy in their Posterity, to be more than ordinarily diligent in laying a good foundation for Virtue to build upon, their own good Example being ever the Corner-stone of such a Structure; for nothing sooner makes an impression in tender Years, than Precedents in Infancy, like Wax, taking and retaining the figure of that Seal which first impress'd it, unless it be rudely defac'd by another, or purposely destroyed.

On this occasion much more may be said, but Parents naturally inclining to do what may turn to the advantage of their Children, I shall in this place press it no farther, but proceed to lay down Rules and Directions for the Carriage and Conduct of Young Gentlewomen, &c. that Climbing by degrees to the Summit of Internal Adornment, they may raise themselves a lasting Monument, seeing

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Virtue

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Virtue survives Time, and shakes Hands with
Eternity.

Yours to serve you,

J. S.

C H A P. I.

Admonitions to young Gentlemen, in the first
place, to observe their Duty towards God.

TO be enflamed with the Love of Sacred things, is undoubtedly a Foundation for early Virtue to build on, and is frequently an Introduction to whatever we can justly and truly term Good or Great: Therefore as you first owe your Duty to God who made you, and on whom depends your Being and Well-being, not only here, but hereafter; you must above all things, consider his Glory, and endeavour as much as in you lies, to render him tribute of Praise and Thanksgiving, imploring the Assistance of his Divine Grace, to Instruct and enable you to supply your Defects, and increase your knowledge, and in so, *Remembering your Creator in the days of your Youth.* That God, who loves the early Sacrifice of the Heart, will not be wanting to over-shadow you with the Wings of his Providence, and keep you from falling into those snares Satan lays to intrap you.

To

To induce you to Holy desires, and confirm you in the way of Truth, as you increase in strength. As soon as you are capable to read well, (which ought to be in the sixth Year of your Age at farthest, for otherwise you or your Parents well be subject to a censure of knowledge) you must apply your self to the reading of good Books; and strive, the more you read, to more to conceive a delight and pleasure therein; that growing up, you may say with Holy David, *From my Youth have I loved thy Law:* And in seriously considering what you read, it will be very profitable for you to retain in your Memory such comfortable Sentences as being repeated, raise in you a holy joy, or more than ordinary desire to meditate and enter upon a Contemplation of those things that are thereby expressed; and these must be chiefly taken from Holy Writ: But, above all thing, be not remiss in the duty of Morning and Evening Prayer; and that you may be the better prepared for such holy Exercise, get by heart, and retain in your Memory the *Pater-Noster*, or the *Lord's Prayer*, the *Belief*, or the *Apostles Creed*, and other good Prayers suitable to your capacity. Get by heart likewise the Churches *Catechism*, but especially the *Ten Commandments*, that you may the better understand the

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the Will of that God that made you, and the World; and be cautious to offend him in breaking any of his Laws by thought, word or deed, considering that from him, who is the *searcher of hearts*, nothing can be hid; for to him Darkness is as Light, and before him all the secrets of our hearts are laid open. Lying, above all things, must be abhorred, and the Name of God never mentioned but upon pious and lawful occasions, (and then too with the profoundest Reverence.) The Company of naughty Children, whose words and manners may offend or tend to corrupt Youth, though your near Relations must not only be re-proved by you, but, growing incorrigible or irreclaimable, shunn'd and avoided; and as often as stands with your conveniency, especially every day between the Morning and Evening Duties of Prayer, read little or more, some portion of Scripture, with heed, reverence, and a comely gesture, as considering it is the Word of God, *Written by Holy Men, inspired for our Learning*. And if it be in private you read, where none but your self is present; pause and meditate on those Sacred Truths as your Heart is most inclinable.

As for the Sabbath-day, a Day holy set apart by God, as more peculiarly designed for

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for his Worship, though it ought on no day to be omitted. Observe to keep it with the greatest strictness, keeping not only your Actions and Words, but, if possible, your very Thoughts within compass; and spend that day, especially in Praise and Thanksgiving both in private and publick Devotion, with a firm Faith, and full Reliance on God's mercy and goodness, for your protection and preservation in this life, and for his promises of a better life in the World to come.

When you are at Church, let not your Eyes by any means wander, nor your Body move in an unseemly gesture; but in all things so behave your self, that you may be an example to others. If at any time you are exposed to Melancholy or Discontent, pray to God to remove it; if to Mirth, let it be harmless and innocent, avoiding lewd fights, or hearing Songs that may tend to corruption and debauchery; but rather follow on this, as well as the former occasion, *St. James's* direction or advice, *viz.* *If any be afflicted, let him pray: if merry, let him sing Psalms,* chap. 5. ver. 13. And in thus doing you will treasure up Blessings to your self; for if you carefully perform your duty in serving God as you ought, he will not withhold from you any thing that is necessary;

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cessary ; for to those that seek first the Kingdom of Heaven and its Righteousness, all other things shall be added.

C H A P. II.

Instructions for Young Gentlemen in Behaving themselves dutifully towards their Parents.

AS our Parents are those from whom, next God, we have our Being, and by whose tender care and inseparable love we are nourished and preserved from innumerable dangers and hazards ; therefore observe,

In the first place, your Reverence, Love, and Obedience, is strictly required, not only by the Ties of Nature, but by God's Holy Word, as sundry places in Scripture manifest ; nor can their Infirmities in anywise absolve you, or dispense with your non-performance ; but in such a case you ought to double your observance, that thereby, as much as in you lies, you may hide their weakness and defects from the eyes of others.

You must observe at all times to obey the Will of your Parents (if it be in your power, and not contrary to God's Command) without repining, or entering into dispute, performing what you do with cheerfulness, shewing

shewing by your willing mind your ready Obedience, and by your quick dispatch, demonstrating the pleasure you take in the performance, shuning all occasions of giving them any disquiet, pacifying their anger, if it at any time arise, with submission either in words or by behaviour, tempering your Actions with a moderate sweetness of disposition and silence, for too much Ostentation or Loquacity is displeasing: When your Parents grieve, be you sad; when they rejoyce, be you pleasant, as sympathizing with them in heaviness and joy; yet be not over inquisitive into the cause; but if you are desirous to know it, wait their leasure to reveal it, or learn it from some other hand.

Forget not to pray for your Parents as often as you put up your Vows to Heaven, beseeching the Almighty to shower his Blessings upon them; which is one great advance by which a Child endeavours to make his Parents restitution for their care and tenderness; for nothing without calling God to your assistance can in that nature be effectual; the difference being otherwise so vast between what has been done for you, and what you can do to deserve it.

Let not the hopes of Riches, no, nor the severity of your Parents, imprint in your mind a desire of their Death, lest the Almighty

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mighty be offended, and shorten your days:

Shun those that speak ill of your Parents, and would make them seem contemptible in your eyes: Nor let their Poverty, should you be advanced by any means to Riches or Honour; render your Duty and Obedience less, for they cannot be but the same in all conditions: If they be poor, you ought to relieve them; if they are weak of understanding, you must assist them with your Counsel: If they be injured or oppressed, endeavour to succour and redress them; for no years can exempt you from observing your Duty to your Parents; nor ought you to dispose of your self in Marriage, nor otherwise, without their allowance and consent, your Person being indispensibly theirs in a lawful way to dispose of. And so it was under the Law of *Moses* in relation to a Virgins Vow; the which, though she had made, yet if her Father approved it not, it was void; as in *Numb. chap 30. ver. 5.* *But if her Father disallow her in the day that he heareth, not any of her Vows nor her Bonds where-with she hath bound her Soul shall stand; and the Lord shall forgive her, because her Father disallowed her.* By this we see the great Power that Parents had over their Children, even to a degree of cancelling and rendering of

of none effect the obligation of a Vow, which Power was given by God himself.

Certain it is, that no poverty, fault, or unkindness of Parents, can dispense with that Duty and Obedience, which, by the Law of God and Nature, Children owe their Parents, for the tender care, labour and cost, bestowed on them: Nay, though Parents should prove unnatural and expose them, even in their Infancy to a desperate Fortune of hazard and danger; yet still those Children are bound to perform their Duty, and look for their Reward from him who is the Author of all Blessings.

C H A P. III.

Instructions for a young Gentlewoman at the Age of Six, or upward, how to behave her self towards her Parents, Superiours, Equals and Inferiours, and upon sundry other occasions; as Learning, &c.

IN all your Undertakings, let it be observed that you are an Enemy to Sloth, not only by your early rising, but by your activity; for having neatly dressed you, or caused some other to do it, having prostrated your self before your Maker, and refreshed you with what was appointed, fall upon your Knees before your Parents, and receiving

ceiving their Blessing, then hasten to School; or else betake you to such business as your Parents or Governesse shall appoint you at Home, doing it with chearfulness, and respect those that are over you, as well in their absence, as when present; and whether it be Reading, or any curious Work, observe that your Face and Hands are clean, and that you handle no dirty or greasie things; neither presume to eat before those who are your Instructors, whilst you are at your Work or Lesson, if there be more under the same Tutorage, behave your self kindly towards them; call no unseemly Names, nor make unseasonable Complaints: Defraud them not, nor take the least matter by force that is not your own; be courteous and mild, with a decent and winning Behaviour. If your Mistresse or Governesse be sharp and severe, strive by your diligence to prevent displeasure or correction; and as you approach or return from her, make your Reverence, and the like, to your Parents; make your Obeisance in the most becoming and obliging manner, to your Superiours and Equals; nor forget to be courteous to your Inferiours: Be sure your Tongue run not too fast, but in Discourse be moderate; Speak with deliberation, and weigh your Words before you utter

er them; and where you are seated, observe you continue till you are called thence, or is time to leave it. In reading upon any occasion, use not a Tone, but read distinctly, observing your Stops, that you may the better understand what you read. In Writing, beware that you blot not your Paper, but imitate your Copy in cutting your Letters fair and even; Let not your Work, of any sort, be soiled or dirty, and keep what things you use in good order, and render your Parents an Account of your improvement.

When you are to be at Meat, be not out of the way, but attend the Grace, and then take the place that is appointed you: After having done your Reverence, see your Napkin be fastned about you to save your cloaths, and thankfully take what is given without craving; nor is it seemly for you to speak at the Table, unless you are asked a question, or there be some great occasion. Cut your Meat handsomely, and be not over desirous of Sawce, nor of another sort of Meat, before you have disposed of what is in your Plate. Put not both your hands to your Mouth at once, nor eat too greedily: Let not your Mouth or Fingers be greasie no more than need must; and when you are satisfied, take your Plate or Trencher with

with you, or give it to those that wait, and retire, but not out of the Room till Grace is said, and the Cloth taken away; at what time making your Obeisance, you may depart, unless you are desired to stay: Nor must you sit before your Parents, Governness or Superiours, unrequired, unless at your Meat, Needle, Writing, or the like; and observe you attempt not to drink in any company till you have emptied your Mouth; and that you breath not, nor blubber in the Cup or Pot. As for your Recreation, when leisure hours permit, let it be innocent and moderate, never staying late abroad, and above all, be wary in the choice of your Companions; and as you grow up, shun the Conversation of those that have a report of Lightness, lest they draw you into a snare, or being a scandal causlessly upon your good Name, but chuse those whose Reputations are candid; Converse with those who are modest, yet affable; Stay not at any time, where the least occasion of Lightness and Wantonness is administered; nor lend your Ear to discourse tending to Lewdness.

For your Carriage, in the general, let it be a *Medium*, not expressing too much reservedness, which by some, is interpreted Pride; nor too much freedom or familiarity,

ty, which, on the other hand, will be looked upon for Fondness. Be no Make-ate between your Parents and their Servants; nor at any time tell a Lye to excuse fault, to keep you from the hand of correction. Go to Bed in due season, without any noise, and never be seen in unseemly laughter; nor in pointing, or nodding, specially in company, or in places of Divine Worship: Honour Age, and pity those that are distressed; Speak not at any time scornfully, or in a taunting way, but be courteous to all; and in so doing you will gain a good repute.

C H A P. IV.

Instructions for a Young Gentlewoman how to behave her self towards her Governess and Servants, &c.

AS for your Governess, if discreetly chosen, she must be a Woman of gravity and discretion, learned in curious Arts, such as you are desirous to improve; and although her Age render her reserved, yet must you not censure her as rigid, but comply with her lawful Commands; and by your mildness and industry move her to gentleness, refraining to make Complaints, especially unjust ones; for in dis-
approving

approving of her, whom your Parents set over you, you tax them with Imbecility in choosing, and by that Complaint will either incur their displeasure, or, by removing your Governess, perhaps procure a worse, which causing, undoubtedly, a second Complaint, will possess your Parents with a jealousy of your untractableness and ill disposition.

Some there are that covet to be under a young Governess, with whom they may have the more familiar Conversation, though to their small advantage; for it is somewhat improbable that a Person, who cannot perhaps Govern her own youthful frailties, should discharge so great a Trust as she ought: However, consider with your self, that in being conformable to her, you obey your Parents, who thought fit to commit you to her charge; and that if you do otherwise, you disobey God, in abusing or slighting their care and indulgence, who study your advantage.

To the Servants you must be courteous and affable, but not over-familiar, lest it beget contempt. Tell no Tales of them to your Parents, but rather strive to hide their failings, unless they be such as are prejudicial or unseemly; and do them what good you can. If at any time you find occasion

to reprove them, let your Reproofs be rather Admonishment than Reproaches : Be not Peevish nor Froward in your Dressing, or in any other Office done you by the Maid, that more immediately attends you, but by gentle words let her know her Error, that she may amend it : which method will oblige and command a constant diligence, which otherwise would be but Eye-service : and if your Parents be angry with their Servants, or any of them, do you become their Mediator : And turn not, by any means, your Face from the Poor ; but if it be in your Power, without offending your Parents, relieve them ; or as you see occasion, petition on their behalf : by which demeanour you will command Love and Reverence, and gain the Character of an humble Spirit : In which you may rest satisfied, that it is better to be Good than Great ; and that Humility forcibly commands Love and Service, when Pride, on the contrary, begets Hatred and Contempt. If Heaven has endowed you with a large Fortune, and a noble Birth, let your Virtues shine with the greater lustre ; and above all things, give God the Praise, and use what you have to his Glory, and your own Comfort.

C H A P. V.

*Instructions for Young Gentlemen how to be-
have themselves in all Societies, upon sundry
Occasions.*

First, to qualifie your self to understand the
quaint, modish and courtly Expressions,
it is convenient that you learn the *Latin*,
French, and *Italian* Tongues, not only by
Rote, but by Rule and Grammar, the bet-
ter to understand them, since the most re-
fined *English* has borrowed from these Lan-
guages, and without this knowledge you
will be at a loss to understand those that ut-
ter high Phrases in the Court-air, as they term
it; nor in this case must you be ignorant
in Singing, Dancing, and Playing upon
Musick suitable to your Sex; though in Ex-
ercising your self herein, you must be ve-
ry modest and moderate, your words on
all occasions few, yet to the purpose; Dis-
cretion, Silence, and Modesty, being the
Ornaments of the Sex. And as Society is
that which all Creatures naturally cover, so,
if it be well chosen and managed, it is re-
creatory to the Body and Mind: but as bad
Society is worse than none, so is it to be a-
voided.

Wherefore be not easily won to enter in-

to

to discourse with those you know not, unless some urgent business require it, lest you be suspected of Levity and Indiscretion. Always observe to consort your self with your Betters or Equals, knowing them to be virtuous; and avoid too much familiarity with Inferiours, unless you find them very discreet, lest you fall into contempt, if Female: if Male, lest you give them encouragement to make their Addresses of Courtship, and by subtil ways to insinuate themselves into your good liking, or Love, that takes the Diadem from Queens is blind; and Passion distinguishes not Servility from Greatness: by which means, though you are high in Birth and Fortune, you may be brought to a yielding, which may turn to the grief of your Parents, or perhaps to their and your own disgrace. And in this case presume not too much upon your own strength, by interchanging Gloves, Rings, Ribbons, or such things which you may term Trifles, lest by this kind of familiarity, Love by insensible ways opens a passage to your Heart.

Be not over-desirous of being seen often, for Ornamentation sake, especially in places of resort, lest you expose your self to the Assault of the Temper, and purchase that curiosity with the loss of your Honour, by giving Licentious Amorists liberty to meet you in your Walks, and by powerful persuasions to listen to their Syrens Charms, whilst you are no longer capable of mastering your Affections: Nor trust too much to Female Confidants, lest for their own advantage, they persuade you to a yielding.

As for your Dress, let it be neat, but not gaudy, for Vertue is comely in any Dress; and be content to appear in your native Beauty: Let your Dressing-time be short, and your Recreation moderate: In your Speech or Behaviour shun all Affectation; and be not over-fond of new Fashions.

C H A P. VI.

*Instructions for a Young Gentlewoman to Manage her
Gait and Gesture; to Govern her Eyes and Tongue,
&c. upon sundry necessary Occasions.*

IN this case observe that you walk not carelessly or lightly, shouldering, as it were, your Companions, nor strutting or jutting in a proud manner; Keep (in your walk) your Head steady, your Countenance not too much elevated, nor dejected; keep your Arms likewise steady, and throw them not about as if you were flying: Let your Feet rather incline a little more inward than outward, lest you be censured Splay-footed; for by the motion of the Body, the thoughts of the Mind may be discovered: as whether the Party be of loose or proud Behaviour, or humble and complacent. Do not run or go extream fast in places of Concourse, unless great occasion require it; for in such violent motions it is not always in your power to keep your Body steady; nay, by too much haste you may chance to fall, and expose to view what you would conceal. And as the Gesture of the Body is seemly and commendable, so is the Management or Government of the Eye; in which many things are to be observed, and chiefly these.

Keep your Eyes within compass; that is, let them not be too much fixed upon idle and vain objects, nor drawn away by unseemly sights; roll them not about in a careless and lascivious manner; nor stare Men in the Face as if you were looking Babies; Send not private Glances; or look, as they call it, with half a Face, turning your Head, as it were, a side: Look not at any time over your Shoulder, if you have opportunity to turn your self:

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Open not your Eyes too wide; thereby to distort your Countenance; nor keep them in a manner half shut. Wink not too often, nor cast your Eyes ascant, as if you squinted; neither keep them too reserv'd; nor scornfully turn them away when any Object offers. Look not too much downward; nor with a more than ordinary Elevation. Gaze not often against the Sun, nor on the Fire, both of them impair the Lustre of the Eyes. When you discourse with a woman, look her in the Face with as much composedness as you can: but if with a Man, to look a little downward; for modesty is commendable: But, above all things, as often as opportunity will permit, lift up your Eyes to your Redeemer, and, with holy *David*, implore him, *to turn them away from Vanity*: for the Eyes being the Windows of the Soul, lets in Good or Evil, according as it fixes, or is intent upon good or bad Objects, therefore chuse the former, and refuse the latter.

Let all your Discourses be to the purpose, and suffer not your Complements to be high flown, extravagant, blunt, or nonsensical; but, in all, suit them with modesty, to the capacity and quality of the Person to whom you utter them; and see they be done on fit occasion, and in season; be sure not to Congratulate persons, when you should Condole them; use in your utterance no Hems nor Stammerings; Sputter not as you speak, nor speak many Sentences between breathings; use no Tautologies or affected words or lisplings; neither speak with a Tone. Decline to speak much before Gravity, and multitude of years, unless urgent occasion require it: and beware that you speak not, till you are bidden to hold your Tongue; for indeed Womens discourse should not be much, because Modesty and Moderation is her Ornament,

and are in themselves a moving Rhetorick. And when you have opportunity of discourse, let not taste of Confidence, Affectation or Conceitedness, nor border upon Obscenity.

C H A P. VII.

Directions for a Young Gentlewoman how she ought to be seen in her Habit or Apparel; and what Garb is most commendable, and otherwise, according to the Quality of the Wearer.

IT matters not, of what Stuffs or Silks your Clothings are made, so they be decent and civil; neither by their ridiculousness discovering the Wearer foolish and slovenly; nor by their gaudy and careless putting on, to render her suspected of loose or light behaviour, or at least wise subject her to the censure of the ignorant. Apparel may be rich, and yet decent; and indeed, whether it be rich or not, if decent, the matter is not great; though, in this case, I leave it to the discretion of young Gentlewomen or those that provide them Apparel, to let it be suitable to their Quality or Fortune, and will not be of the Morose and Cynical temper of some, who either believe, or spitefully give it as their opinion, that gorgeous or glittering Apparel is the Attire of Sin, and suits with the Pride of the Wearers heart; but I am persuaded that the Quality of the Person extenuates the Quality thereof, and renders that opinion vain and frivolous.

I must confess, there is a kind of Privilege in Youth to go gay; which, should I too severely reprove I might justly merit your displeasure; yet that Gaiety may as well be in Decency as otherwise, the use

use of Apparel being to dignifie the Wearer: Nor does a vertuous Demeanour more lively appear than in Look, Speech, Gesture and Habit, within the compass of Modesty, though Diamonds, Gold, and other precious things, were made for use; and without being imployed, would be ineffectual: Therefore to wear them, in my Opinion, is one of the chiefeft Ends for which Nature produced them, or Art brought them to a fuller perfection. The Pride in this case being only centered in the Mind, and not in the external Ornaments; which is rather known by the Carriage and Deportment of the Wearer, than by the Garments. And though to affect Novelty, and run into every Fashion, be not commendable, yet Moderation is not amiss; for two Reasons: As first, should you always keep in a fashion, though decent, it would be looked upon as a conceited singularity; or to continue in any strange Garb, after the Fashion is altered, would appear ridiculous, and cause Laughter, especially amongst the ruder sort; as much as a Woman of Fourscore to be habited in the Garb of Gentlewoman of Sixteen; or to see a Dairy-Maid in her Ladies attire: Therefore whatever you wear, let it be proportionable to your Body, and suitable to your degree.

C H A P. VIII.

Instructions for Young Gentlewomen how to proceed in their Seasonable Recreations; and what is to be observed therein.

A Ball, amongst other Recreations, is much in esteem with young Gentlewomen, because there they are sure to meet their Compeers in merriment;

merriment ; yet lest at such a place a Young Gentlewoman by her folly and unadvisedness expose her self to Laughter or Contempt, observe, that if you understand the Rules of Dancing, yet be not too forward to engage your self therein, lest you intangle your self so far, that you are puzzled, and at a loss, perhaps for want of understanding the Rules and Formalities practised in that place. And as you ought not to be too forward, so be not too hard to be perswaded, or abruptly, in a huffing Humour, force your hand from any that offers to accommodate you, but rather run the hazard of an error or mistake in your performance, than let the least pride or rudeness appear ; or give those that are present, occasion to think you are subject to either.

In this case, be not by any means, affected ; nor when you undertake to Dance, be not tedious, but perform what you undertake with Modesty and Moderation, that by a quick dispatch you may give way to others.

As Dancing is an External Accomplishment ; so Vocal Musick is an Internal one ; yet they may indifferently serve for either ; though the last is preferred ; therefore if you are expert in your Notes, &c. and can sing well, when you are in Company, upon the intreaty of a Friend, who knows you so-qualified, be not obstinate in complying ; yet be brief, and let your Song be such as may give no offence : and when you have done, look not as if you expected Applause, but keeping your Station with a composed Countenance, give way to another to second you, if any present is desirous, or can be prevailed with to do it ; observing never to cough nor strain when you enterprize it, nor to stop in the middle to crave attention : And the like observe in playing on Instrumental

mental Musick, not in that Point being tedious in commencing your Harmony, when others do the like: give attention, not interrupting them with discourse. And in this case let both your Songs and Tunes be modest, ingenious and pleasant, avoiding what may tend to the corruption of good Manners.

Next to these, Engraving may take place, a thing practised by many Vertuous Gentlewomen: but amongst solitary Recreations, if they may be so termed, Reading of History, or such Romances, wherein Ver tue and Gallantry are lively pourtrayed; or such as contain Stories of chaste and vertuous Love, are to be preferred.

C H A P. IX.

Instructions for the Guidance of a Young Gentlewoman's Fancy in relation to Love; and how she ought to behave her self towards those that seek to gain her in Marriage, &c.

THat Young Gentlewomen arriving at maturity are prone to Love and Liking, it would be insignificant for one to relate, seeing it is so well known, the Eye and the Ear being seldom wanting to convey to the Soul what is desirable; the one charming it with beautiful Sights, and the other with Rhetorical and Melodious Sounds; yet give not these official Members too much scope on this Occasion, lest they insensibly Ruine you, by betraying your Affections to what is fordid or inconsiderable; but keep, as it were, a Guard upon your Hearts, to prevent the entrance either of a lawless or disadvantageous Passion. Consider well before you give way, even to Imaginati-

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on, weigh deliberately each Particular, and be seriously intent on what is to come, as well as what is present, not suffering your self, for the present satisfying your Appetite, to be carried away with the Torrent of a Passion, that will unavoidably carry you into the gulf of Misery. Man indeed is a noble Creature, and for his sake Woman was made, and therefore ought to be complaisant; but being left at Liberty to chuse where she thinks fit, it is more than common Prudence to make such a choice to her Humour. The former of which may, but the latter cannot be quickly discovered: But, above all, let not a Young Gentlewoman for Interest, or by over-persuasion, give her self to one she cannot affect, lest she dearly repent at leisure what is past redressing, there being nothing more grievous than a loathed Bed, for that, most commonly, cancels all other Earthly Felicities; nay, many times shakes the very Foundation of Modesty.

As for your Behaviour in this case, it must be grave and modest, though not sour or too much reserved, lest it be interpreted for Pride, or want of Discretion. Blushes, upon sundry occasions, are very seemly; which, like moving Oratory, let your Lover know the little Flames of Love are playing about your Heart, and silently betray your Passion.

A kind of pleasing Love there is, which, though it have taken possession of the Heart, is either through Modesty, or fear of failing if it were proposed, desirous to be concealed; not but that if these Obstacles were removed, they would freely discover it. And this, Gentlewoman, is on your part, who love those that are ignorant in your Passion; yet did they know it, would be more transported than your selves. And this you strive to express

Directions to chuse good Husbands. 219

express by the silent Language of the Eyes; nor is it always in their power to keep them from wandering. But in this, as in all the mystery of Love, move with deliberation, and let Caution be the Scale of your Affection. Consider your Happiness, or its contrary, depends upon the Cast; and that there are many consequent Matters or Circumstances that a discreet Woman will not only discourse, but discuss, before she enter upon that honourable, but hazardous, state of Matrimony: And these chiefly are to be taken notice of, *viz.* Disparity in Descent, Fortunes and Friends, frequently beget Distraction in the Mind: Disproportionable Years create Dislike, and loathing obscurity of Descent, begets Contempt; and inequality of Fortune, Discontent. These are the Hazards to which unconsidering Lovers expose themselves; these are the Rocks on which they shipwreck their Peace: And yet herein you ought to be contented, if once it is past redress.

As you ought to be slow in entertaining Lovers, so be constant in retaining one that is worthy, that you may thereby gain a greater Esteem. Boast not of the multitude of your Suitors; nor be proud that you are admired above others of your Rank and Quality. Give not those you cannot fancy ground to believe ye do or will love them; neither by rudeness, unseemly words or carriage, any Affront; but decline, as much as with modesty and civility you may, their Company; giving them as little Opportunity as may be, to find you alone; nor receive any thing from them by way of Presentation, least, when they find they are rejected, they exclaim against you as mercenary, or one that gives way to Courtship for your advantage. Be not covetous of Strangers Acquaintance on this occasion; nor rely too much upon a Female-confident,

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lest the one prove troublesome, and the other picklocks your Breast of those Secrets you are not desirous to publish. Whining and sneaking Pretenders are to be avoided; also such as strive with Tears and Imprecations to possess you with an opinion of their good meaning: But where Manly Beauty, Bravery of Spirit, Moderation in Speech, and a greater readiness in performance than in promising, are centered in one Person, who tempers his Actions with discretion, humility and sobriety, you ought to be complacent; and if such a one fall to your share, imagine your Lot is cast in a fair Land; and till you find such an one, let not your Affections loose, if you can possibly restrain 'em; shun Temptations: Avoid, above all things, Ease, Idleness, the reading of Debauchery in Books, or too much Pampering your self with lascivious Fare; for these are Incitements to wanton Love.

*Ease makes you Love, as that o'ercomes your Wills;
Ease is the Food, and cause of all your Ills.*

C H A P. XI.

Instructions for a Young Gentlewoman, when Married, how to carry and behave her self towards her Husband, &c. as becomes a vertuous Wife; or Family-Directions in order to a Happy Life, &c.

ABove all things, repine not at your Lot, when it is fallen to your share, but weigh your condition in the Scale of Content and Discretion, and it will be the better supported.

If your Husband be very young, and given to Excursions incident to youthful frailty, let your ripen experience bring him to a better understanding, and your usage more easie, than to attempt by extremities

to wean him from what he affects; but rather let your good Example, modest Reprovements, and the course of time work upon his head-strong Nature; and either through shame, or a reform of Judgment, he will be brought to be himself; for doubtless Conjugal duty, tempered with softness and affability, is for force to conquer the Most obstinate Temper.

If your Husband is Exalted in the World by Riches or Honour, let not your Mind be puffed up. Though after Marriage you find your self not so happy in the things of this World, as you expected; but that, on the contrary, you are gripped with the pinching hand of Poverty, let the poor condition of your Husband add to your Vertue, in furnishing you with Patience and Meakness; for there is not that dangerous want, some imagine, where there wants no Content.

The more particular Duties of a Wife, are chiefly these, &c. To esteem him above all others, not to entertain any mean or low thoughts of him or his Actions, but in all things to give him a due respect; and in due observance of what is lawful, strive to encrease his repure amongst Men, rather than in the least to diminish it, that in so doing you may own him the superior Vertue, and not by your indiscretion betray his weakness, or rather your own; for so have the wise and vertuous Women of all Ages done.

Be peaceable and pleasant towards your Husband, not being angry when he is at any time so, but Pacifie him with winning and obliging words; and if you should carelessly, or otherwise, raise him to a Passion, be not long e're you apply your self to appease it, by shewing a regret, or kind relenting, for what has occasion'd it, or by sound reason let him understand his Error; and prepare for him what is necessary in due order, with all imaginable neatness

nearness and advantage; shewing above all things respect to his Friends and Relations, whether abroad or at home, which must of necessity create in him a greater portion of Love and Respect for your self.

As for your Children, bring them up in the fear of God, and in duty and obedience to your selves, that it may be well for them and their posterity; for those are the indearing pledges of Connubial Love; that more nearly cement the hearts of Man and Wife, and are the summ of their Earthly felicity.

CHAP. XII.

Instructions for a Gentlewoman Married, how she ought to carry her self towards her Servants, and in the ordering her Household Affairs, &c.

AS a Gentlewomans care, next to that of her Husband and Children, ought to be in the Well government of her domestick Affairs, that cannot consequently be done without a due regard in her proper Person, the ill conveniency of too much confidence in second Management, being too frequently apparent: And this must be done, besides what you set your helping-hand to, by inspecting the Actions of your Servants, and by behaving your self towards them as you ought, that your good Example may be their Guide.

In this case, and any other, avoid Passion, and be not Rixarous, for either of these ill become a Gentlewoman; your main business with your Servants being to see they do what is fitting, and that they lavish not out, nor waste that wherewith you intrust them; for this being neglected, the fault will be charged upon your self.

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